

Caring For Your Child:

Mental Health Promotion & Well-Being Information for Parents & Caregivers

Age	Key Messages	Taking Action	Resources
6 - 9 years	Help your child develop a “feelings vocabulary”	<ul style="list-style-type: none"> Learning to recognize and name different emotions helps children to understand what they’re feeling and better cope with different experiences. 	<p>Websites:</p> <ul style="list-style-type: none"> Kelty Mental Health: kelymentalhealth.ca caringforkids.cps.ca <p>Books:</p> <ul style="list-style-type: none"> Gordon Neufeld – <i>Hang On To Your Kids</i> (2005) Shawn Achor – <i>Happiness Advantage</i> (2010) Goldie Hawn – <i>10 Mindful Minutes</i> (2011) Adele Faber and Elaine Mazlish-<i>How to Talk So Kids Will Listen & Listen So Kids Will Talk</i> (2012) <p>Community Resources:</p> <ul style="list-style-type: none"> Okanagan Boys and Girls Clubs boysandgirlsclubs.ca 250-762-3914 info@boysandgirlsclubs.ca YMCA Okanagan ymcaokanagan.ca – contact the child and youth program staff: 250-491-9622
	A certain degree of worry and anxiety is normal when facing stress	<ul style="list-style-type: none"> Let your child know you’re always in her corner by providing love, consistency, and a safe home environment. Ensure you have quality one-to-one and family time with your child. 	
	It is important that parents/caregivers understand that their emotions directly affect their children	<ul style="list-style-type: none"> Find ways of self-care that work for you. If you ignore your own challenges and stress, it is likely your children will be impacted in some form. 	
	Consider creating opportunities for your child to bond with a healthy, positive adult (close to the family) who is not a parent or relative	<ul style="list-style-type: none"> There is evidence, especially for boys, that mentoring relationships are helpful in developing socially responsible youth and adults. 	

Cultural Awareness and Aboriginal Health

It is important to recognize and honour Aboriginal cultural differences in order to foster a sense of belonging, pride and well-being amongst Aboriginal children and youth.

Aboriginal families can make connections to culture, language, and traditions, by linking with any of the following programs and services:

- Westbank First Nation Community Services** 1900 Quail Lane, West Kelowna 250-768-0227
- Ki’Low’Na Friendship Society** 442 Leon Avenue, Kelowna 250-763-4905
- Metis Community Services Society of BC** 2949 Pandosy Street, Kelowna 250-868-0351

All of these organizations welcome Aboriginal families, children, and youth from any background.

Did You Know?

Eating together and sharing pleasant conversations can work wonders for your child – today and in the future. The most essential ingredients for a great family meal are warmth, conversation and connection. You get to check their emotional temperatures. They get to share their day and learn social norms from you. Everyone gains a sense of belonging and safety.

For the full range of community services, supports and events, see Kelowna Community Resources:

www.kcr.ca

Concerned about your child’s mental health? Contact Child and Youth Mental Health Services:

(250) 861-7301

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