

Caring For Your Child:

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

Age	Key Message	Taking Action
0-6	Model health promoting behaviours.	<ul style="list-style-type: none"> • Limit young children’s exposure to substance use. • Use books to fuel conversations with young children about health and wellness. • Play with your child. This is a wonderful way of ensuring that they feel valuable and loved. They also learn key skills around self expression and health.
	Manage parental stress in order to remain present with your child and attuned to their needs.	<ul style="list-style-type: none"> • Access support and resources when needed. • Take breaks for yourself, care for yourself and then you will be ready to care for your child. • Don’t stress about material things you can or cannot provide.
	Build a network of support.	<ul style="list-style-type: none"> • Reach out to family members, friends and community supports. They can be a great source of comfort for you and your child. • Bring your child to a local Strong Start Program, Central Okanagan Family HUB and/or other community resources where you can connect with other families and your child. • When you are struggling, you need social connection the most. Don’t isolate yourself when you are struggling or experiencing stress. • Create play dates with your child’s friends. They will get a chance to play and have fun and you can create connections with other families.
	Children begin to develop control of their emotions and learn it’s okay to make mistakes.	<ul style="list-style-type: none"> • Use books and activities to talk about feelings and emotions using positive language. • Children learn to use words to express themselves, help them develop a “feeling” vocabulary. • Help your child to solve conflicts by encouraging age appropriate problem solving skills.
	Children learn to develop confidence and self-respect.	<ul style="list-style-type: none"> • Give directions to your child using positive language. • Recognize and encourage positive behaviour instead of focusing on negative behaviours.

Resources

Websites:

- Anxiety BC: anxietybc.ca
- Canadian Self-Regulation Initiative: selfregulation.ca
- Central Okanagan Family Hub: kcr.ca/family-services/central-okanagan-family-hub
- Healthy Families BC: healthyfamiliesbc.ca
- Healthy Schools BC: healthyschoolsbc.ca
- Here to Help BC: heretohelp.bc.ca
- Infant Mental Health Promotion (SickKids Hospital): imhpromotion.ca/Resources/CPT-ParentingMomentsInfoSheets
- Interior Health: interiorhealth.ca/yourhealth/infantschildren/pagesmentalhealthpromotion
- Kelty Mental Health: keltymentalhealth.ca
- StrongStart Program (0-5 years): sd23.bc.ca/ProgramsServices/earlylearning/strongstart

Books:

- *The Dolphin Way* by Dr. Shimi Kang (2014)
- *Hold On to Your Kids* by Gordon Neufeld & Gabor Maté (2004)
- *How Children Succeed* by Paul Tough (2013)
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish (2012)
- *Mommy's Different Faces* by Barbara Patterson (2012)
- *My Many Colored Days* by Dr. Seuss (1996)
- *The Monster Who Lost His Mean* by Tiffany Strelitz Haber & Kristie Edmunds (2012)

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
- **BC Aboriginal Child Care Society** <http://www.acc-society.bc.ca>

Foundry Kelowna, an integrated youth clinic, is coming soon! For more information, visit: www.cmhkelowna.com/foundrykelowna

Concerned about
your child's mental
health? Contact Child
& Youth Mental
Health Services:

(250) 861-7301

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

www.kcr.ca