

Family Wellness Tip Sheet

How to Get Along Better with Each Other



Mental health education and awareness needs to begin from an early age so that children can establish healthy habits that can last a lifetime. Families are especially important in reinforcing lifestyles that encourage positive mental health.

Here are some fun activities that families with young children can do together to help promote healthy living and positive mental health from an early age:

1. COOK WITH YOUR KIDS

Children who participate in the food preparation process are more likely to eat healthier, try a variety of foods, and help to teach the importance of eating well, a lesson that will stay with them as they grow.

2. HAVE DINNER WITH NO DISTRACTIONS

When children eat dinner with their families without any distractions, they are less likely to feel less stressed or anxious because this will establish a routine and help to increase children's self-esteem.

3. GO ON WALKS OR BIKE RIDES TOGETHER

Families that exercise together encourage children to not only stay physically healthy, but also emphasize the fact that exercise is a good coping mechanism for emotional health issues.

4. PLAY WITH PUPPETS, STUFFED ANIMALS, OR DOLLS

Creative play is good for mental health, so continuing to implement creativity and playtime in daily lives can help parents and their children to de-stress and activate their imaginations.

5. HAVE LAUGHING CONTESTS

Children smile and laugh significantly more often in a day than adults, so by playing together, families can reinforce the importance of laughter in maintaining positive mental and physical health.

6. PLAY AN EMOTIONS BASED GAME

Children learn about emotions by interacting with their families and it is important to be round about and straightforward to better understand children's thoughts, feelings, and coping habits.