

How can I improve my child's mental well-being?

This flyer is designed for people with children aged 6 to 12 years. As well as increasing parents' awareness of mental health, it provides practical advice on how you can improve your child's mental well-being. These recommendations have been developed on the basis of scientific literature, with input from specialists and parents.

Why not hang this flyer up on your fridge or somewhere else where you can look at it frequently? Try to work through the suggestions, putting them into practice in your family's daily life.

For more information on this topic, you can consult your paediatrician or visit: www.takecare.ch

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Illustrations: Malin Widén

Zurich University
of Applied Sciences

ZHAW School of Health Sciences
Katharina-Sulzer-Platz 9
8400 Winterthur

e-mail: fph.gesundheit@zhaw.ch
Online: www.takecare.ch

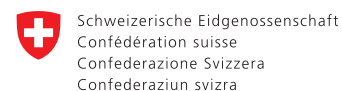
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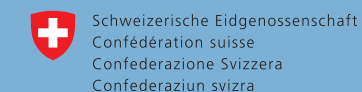
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For parents of
children aged
6–12 years

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The keys to mental well-being for your child



“My child can solve problems on their own.”

- Let your child solve problems independently. Only provide help if it's needed, for example by working out a step-by-step plan together.
- Make sure your child knows where they can get help.
- Even if something is difficult, remember that your child can learn from failure too. Encourage them to have another go! Your child should learn not to give up too soon.



“My child has a positive self-image.”

- Recognise your child's strengths.
- Highlight these strengths: “I think it's great that you ...” or “You're really good at ...”.
- Explain to your child that criticism can be important too. Making mistakes is not a sign of weakness. Criticism can help us to improve ourselves.
- Show your child: “We love you the way you are.”
And: “You don't have to be better than others to be valuable yourself.”
- Praise your child when they make a special effort. Celebrate any progress together!



“My child has self-confidence.”

- Let your child make themselves useful! For example, by cooking, fixing things, or looking after a pet.
- Achievements like these are important experiences, showing children that they can make a difference too!
- It can also be satisfying for a child to help someone else or to make something themselves.



“My child sees the positive side of life.”

- Help your child to develop a positive outlook, even with negative experiences – ups will follow downs!
- An optimistic attitude can be learned: each day, get your child to write down or draw a picture of something they've enjoyed, for example in a diary.
- Talk with your child about how the day has gone – what went well, or not so well.
- An evening routine can help to round off the day and ensure your child gets a good night's sleep.



“My child can deal with their feelings.”

- Talk to your child about how they are feeling, and give their emotions a name. For example, “Are you sad/angry/disappointed?”
- Take an interest and ask questions when your child tells you about a difficult situation.
- Work out together how your child can best cope with their emotions. For example, if they feel sad, by cuddling with parents or a soft toy, or doing something to distract themselves.
- Set an example by dealing openly with your own feelings. Children often copy how their parents behave, so explain what you're feeling and how you manage your emotions constructively.



“My child has regular downtime.”

- Find out what is most relaxing for your child, for example reading or listening to music.
- Your child needs to spend some time each day relaxing by themselves. Even doing nothing is an important activity, as it will help your child to cope with more stressful periods.



“My child gets on well with us as a family.”

- Schedule regular times when you as the mother or father, or both parents, and your child do something enjoyable together.
- Decide jointly – or different members of the family can take turns to decide – what you will do together.
- Settle conflicts between family members fairly, by listening to everyone and giving reasons for decisions.
- A daily structure and everyday events such as eating together create a reliable routine. There doesn't always have to be a special outing.



“My child regularly spends time outdoors.”

- Take your child out into the woods or to a river. Nature has a calming effect and reduces stress.

“My child enjoys offline activities.”

- Establish digital-free times when no devices (smartphone, tablet, laptop, TV, etc.) are to be used – for example, before homework is done or during meals.
- Screen use in the evening can lead to children falling asleep late. Make sure your child gets enough sleep! Sleep is important for children's health: 6- to 12-year-olds should sleep 9 to 12 hours per day.
- If your child regularly uses digital media, take an interest in what they're doing. Children want their parents to be interested in their online activities.
- Set an example: show your child that you can also do without digital media for a certain time.



“My child has good friends.”

- Good friends take care of and respect each other, give each other space, and do things which both friends or everyone enjoys.
- Talk to your child about which friends are good for them, and how your child can go about making and keeping good friends
- Give your child opportunities to get together with other children – for example, pursuing a hobby or at home.