

Path to nurture child's mental health

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It is easy for parents to identify their child's physical growth. However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially-emotionally and learn new skills. Children's emotional well being is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well rounded, healthy adults. Many events trigger mental health of a child but providing a suitable environment helps nurture a child's mental health.

Basics for a child's good mental health:

Give children unconditional love:

Love, security and acceptance should be at the heart of family life. Children need to know that your love does not depend on their accomplishments. Mistakes and defeats should be expected and accepted. Confidence grows in a home that is full of unconditional love and affection.

Nurture children's confidence and self-esteem:

Be patient and actively listen before offering any advice to them. Encourage them to learn new things and praise them at every step of learning.

Encourage them to play and be their playmate.

Playtime is fun and helps children be mentally healthy. Being their playmates add a feather into it. Remember your child needs your presence than your presents.

Play for fun and make them aware that Winning is not as important as being involved and enjoying the activity. One of the most important questions to ask children is "Did you have fun?" not "Did you win?"

Provide appropriate guidance and instructive discipline:

Children need the opportunity to explore and develop new skills and independence. At the same time, children need to learn that certain behaviors are unacceptable and that they are responsible for the consequences of their actions.

As members of a family, children need to learn the rules of the family unit. Offer guidance and maintain discipline that is fair and consistent. They will take these social skills and rules of conduct to school and eventually to the workplace.

Be firm but kind and realistic with your expectations.

Set a good example. You cannot expect self-control and self-discipline from a child if you do not practice this behavior.

Criticize the behavior, not the child:

It is best to say, "That was a bad thing you did," rather than "You are a bad boy or girl."

Talk about your feelings:

We all lose our temper from time to time. If you do "blow your top," it is important to talk about what happened and why you are angry. Apologize if you are wrong.

So, we can conclude that childhood is a time when rapid growth and development take place. A child's mental health is just as important as their physical health and deserves the same quality of support. Children acquire cognitive and socio-emotional skills that shape their future mental health and are essential for assuming adult roles in society. The consequences of not addressing mental health for children limit opportunities for leading fulfilling lives.

"If we change the beginning of the story, we can change the whole story."