

## REMEMBER!

- Emotions are contagious

It's important to prioritize your own mental health as well as your child's to ensure you can support them from a grounded place. It's also important to role model healthy mental health habits.

- Be proactive in supporting your child's mental health

It is a lot easier to model and support your child in learning healthy coping strategies to deal with the stress of the pandemic and remote learning than to correct dysregulation once it occurs.

YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family and community engagement for mental health education, support, advocacy and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health supports, services and educational accommodations and direct funding to families to support young people with chronic mental health disabilities.

**YMHC**  
Youth Mental Health Canada

**Supporting  
Your Child's  
Mental  
Health During  
Remote  
Learning**

**YMHC**  
Youth Mental Health Canada

## Routine

Helping your child stick to a consistent daily routine can help reduce worries they might have and help the situation feel more normal.

Include: moving their body, something fun, connecting with someone they care about

## Take a Break

Help your child maintain a healthy relationship with the internet by encouraging them to take a break from the news and social media. Constant news updates trigger our brains' stress response and steady social media flow can make up unrealistically compare ourselves to others.

## Connect

Connect with your child on a regular basis, This could look like questions, encouragements, or time spent together.

Also encourage your child to connect with other people they care about such as friends and family members.

## Notice Anxiety

It is normal to be having feelings of anxiety due to the current global pandemic. Check in with your child to see if they are experiencing symptoms of anxiety like racing thoughts, difficulty concentrating, or jitters.

If your child is experiencing anxiety, don't panic. This is just a sign that they need more support in taking care of themselves.

## Talk to Others

Encourage your child to rely on their support system of people around them. Even if your child doesn't open up to you, ensure that they have an adult in their life that they feel comfortable sharing with.

## Self-Compassion

Listen to the way your child talks about themselves and try to intercept if you notice that they engage in patterns of negative self talk. Remind your child that they do not have to be perfect in dealing with Covid-19 and remote learning.

Also notice the way that you interact with your child. While encouraging them to be compassionate to themselves, it is important to model this behaviour.

## Self-Care

Support your child in being intentional to take room to slow down. Brainstorm with your child a list of activities that help them feel calm and restore their energy and engage in these activities with them if you can.

## Get Help

If emotions are getting in the way of your child's everyday functioning like sleeping, eating, participating in school, and connecting with others, don't be afraid to reach out for professional help.

Your family doctor is a great resource for supporting your child's mental health and will be able to connect you and your child with further supports.