

Caring For Your Child:

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

Age	Key Messages	Taking Action
10 - 12 years	Stay in your child's world	<ul style="list-style-type: none"> • Ensure that you have family time and one-on-one time with your child every day. • Ask open-ended questions to build on connection. Asking questions such as “what was your day like? Or “tell me about what you did today” can sometimes elicit more than “how was your day?” You can also try these examples; “what did you do today in gym...” “What was the worst thing that happened today, what was the best thing about today? Or, “I’d love to hear about your day, when you are ready...”
	Taking risks are normal behaviour at this stage	<ul style="list-style-type: none"> • Be aware of the risks, and teach and enforce safety rules and role model smart risks.
	Take the time to ask and really listen about their wellbeing	<ul style="list-style-type: none"> • Tune into mindfulness as much as possible to maintain a calm awareness of one’s body, feelings and thoughts. Mindfulness is about noticing without judgement. You can role model this to your child by asking them what sounds, sights, smells they notice in their environment.
	Your emotions directly affect your child	<ul style="list-style-type: none"> • As a parent/caregiver you can role model healthy actions for managing stress, such as going for walks or practicing deep breathing as a response to stress. A simple and effective calm breathing technique is to inhale for the count of four, pause, and exhale for the count of four.
	Encourage your child to try new things and different activities	<ul style="list-style-type: none"> • It’s not about winning or losing. Trying new things help children to build confidence. • Regular encouragement about their efforts can help reinforce trying new things. Notice and reflect back to your child those times when they step out of their comfort zone. • When things don’t work out, it’s important to remember that mistakes are okay. Consider problem solving over punishment, “what can you do differently next time?” What do you need to do to be better prepared?”

Resources

Websites:

- Kelty Mental Health: keltymentalhealth.ca
- caringforkids.cps.ca

Books:

- Gordon Neufeld – *Hang On To Your Kids* (2005)
- Shawn Achor – *Happiness Advantage* (2010)
- Goldie Hawn – *10 Mindful Minutes* (2011)
- Adele Faber and Elaine Mazlish-*How to Talk So Kids Will Listen & Listen So Kids Will Talk* (2012)

Community Resources:

- Okanagan Boys and Girls Clubs
okanaganboysandgirlsclubs.ca
250-762-6562
info@boysandgirlsclubs.ca
- YMCA Okanagan
ymcaokanagan.ca
– contact the child and youth program staff: 250-491-9622

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

All of these organizations welcome Aboriginal families, children, and youth from any background.

Did You Know?

The best way to lower your tween's chances of smoking, using drugs or feeling suicidal is family meals. Eating together in a pleasant atmosphere provides stability and connectedness. Consider mealtime with them to be a top priority. Make sure the busy-ness of life doesn't get in the way of this essential family time.

Brought to you by the Central Okanagan Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative funded in partnership by Doctors of BC and the BC government.

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

(250) 861-7301

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

www.kcr.ca