

BRINGING CHILDREN'S MENTAL HEALTH INTO FOCUS

Perfect Vision in 20/20

Children's Mental Health Awareness
Week: May 3 - 9, 2020 | Day: May 7, 2020



May 2020



National Federation of Families
for Children's Mental Health

Celebrate Children's Mental Health Awareness

Week May 3-9, 2020 | Day May 7, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>From the National Federation of Families for Children's Mental Health</p> <p>For more information, please visit www.ffcmh.org/awarenessweek</p>		<p>Get ready to celebrate Children's Mental Health Awareness by thinking about how mental illness has affected you, your child(ren) and your family.</p>			<p>Remind your child that it's okay to talk about their feelings and to ask for help. 1</p>	<p>Reach out to someone who needs support. Tell them they are not alone. 2</p>
<p>3</p> <p>Participate in a CMHAW event this week. Bring your family.</p>	<p>4</p> <p>Talk to your child about how differences make us special</p>	<p>5</p> <p>Show kindness to someone who might need a friend.</p>	<p>6</p> <p>Model positive, healthy, and respectful relationships with others.</p>	<p>7</p> <p>Wear green today and tell someone why.</p>	<p>8</p> <p>Talk to your child about how we are all the same - worthy of kindness.</p>	<p>9</p> <p>Download a mental health or mindfulness app.</p>
<p>10</p> <p>Ask your child what they are most proud of.</p>	<p>11</p> <p>Help your child list their strengths and weaknesses.</p>	<p>12</p> <p>Talk about what you are grateful for.</p>	<p>13</p> <p>Talk to your child and family about using first person language.</p>	<p>14</p> <p>Remind your child that nothing is impossible.</p>	<p>15</p> <p>Say "I love you" and "Thank you".</p>	<p>16</p> <p>Take a walk. Notice what you see, hear and smell.</p>
<p>17</p> <p>Encourage your child to try something new.</p>	<p>18</p> <p>Draw a picture to express how you feel.</p>	<p>19</p> <p>Tell someone about a hard time when their support mattered.</p>	<p>20</p> <p>Encourage your child to try their best and have fun.</p>	<p>21</p> <p>Name things that help you feel safe and secure.</p>	<p>22</p> <p>Reframe mistakes by looking for ways to learn from them & make them better.</p>	<p>23</p> <p>Help your child set realistic goals. Discuss steps to make them happen.</p>
<p>24</p> <p>Value your child's judgment. Teach them to trust their instincts.</p>	<p>25</p> <p>Show your child that taking care of yourself is important.</p>	<p>26</p> <p>Talk to your child about how to be empathetic toward others.</p>	<p>27</p> <p>Surprise someone with unexpected help or kindness.</p>	<p>28</p> <p>Allow your child to overhear you compliment them.</p>	<p>29</p> <p>Stay positive about the future.</p>	