



MAY IS MENTAL HEALTH MONTH

Making a meaningful connection with your child each day helps to build your child's confidence. It is important to take time out of our busy days to spend a few minutes doing something special with your child(ren).

Remember to ...

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Hug Your Child | Create a music playlist for times when you need some love and comfort. Share with each other the songs you like to listen to when stressed, sad, need motivation. | Share some quiet time with your child | Talk to your child about your top three intentions for the day and discuss what you can do to meet them | Laugh with your child |
| Try a guided meditation on YouTube or a free app like Calm, Insight Timer or Headspace | Take a walk with your child | Hug Your Child | Work on coping skills (Start meditating again, taking your vitamins, breathing exercises, start seeing a therapist again) | Listen to music with your child and talk about the songs they like |
| Practice self-care and pamper yourself | Hug Your Child | Take a social media break today! | Look at family photos with your child. Talk about the pictures and how things may be different from then. | Try something new together. Do yoga, make a new recipe, learn a new game. Discuss how it can be uncomfortable to do new things. |
| Take silly pictures with your child, let them teach you the newest Tik Tok dance. | Journal - but make it fun - glitter pens, stickers, washi tape, embrace cuteness! | Ask for help or have a real heart-to-heart about what your current needs are and what needs aren't being met. | Hug Your Child | Have movie night with your child. Watch a movie from when you were in school. How were things different? |
| Focus on resting and relaxing today. It's OK to stop and recharge. | Create a positive affirmation for today and repeat it to yourself throughout the day. | Spend time outside together. Feet to the ground is a beautiful feeling! | Plan a date night with Your Child | Hug Your Child |