

LOOKING AFTER CHILDREN'S MENTAL HEALTH

Top Tips...



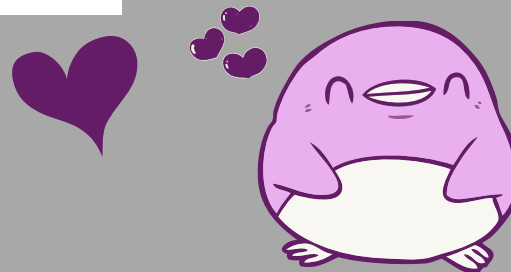
**BUILD
POSITIVE
ROUTINES!**



**STAY INVOLVED
IN THEIR LIFE!**



**BE THERE TO
LISTEN, AND
TAKE WHAT
THEY SAY
SERIOUSLY!**



**SUPPORT THEM
THROUGH THEIR
DIFFICULTIES!**