



Ready to take on **WINTER**

Expert Advice for Child and Youth Mental Health

Recognizing that this winter may be a difficult time for a lot of families, especially those whose children have mental illness, we have rounded up expert child and youth mental health tips to help you through the season.



Focus on Gratitude

Take a few minutes to think of the things you are grateful for and encourage children to do the same. That is not to take away from how challenging things have been over this last year, but rather, it's an opportunity to recognize that some good things have been happening, too.



Embrace Winter

Having a positive mindset about winter may encourage you and your family to think of new ways to get outside more.



Collaborate with Kids on Plans

Take time to collaborate with your kids and family on activities to stay busy. If your teen is feeling unmotivated to go out, try to really understand what's behind their feelings. Ask if there is anything new that they are interested in trying. It gives you a chance to help them shift how they may be feeling.



Stay Connected

Talk to children and teens and ask what methods of connecting with friends is best for them. Is there a virtual program they could do? Depending on your child's interests, it could be something like a shared online yoga or dance program.



Stay Active

Going out, even on cloudy days, will give you a dose of much-needed natural light.



Keep Healthy Habits and Routines

Prioritize the healthy habits that you normally have, such as getting enough sleep, eating healthily, and exercising regularly. Routines – and knowing what to expect in the day – can be especially helpful to children with mental health issues.



Reach out for help

If you are not sure what your child is experiencing is normal or if they need help, reach out to a child and youth mental health centre in your community. Help is available from child and mental health experts who can talk to your child or you, or both.