



MENTAL HEALTH MATTERS

Tips on strengthening mental wellness in everyone!

February 2023



WHAT DO YOU DO WITH THE MAD THAT YOU FEEL?

The truth is, sometimes our children do things that are genuinely aggravating. But since we're the grown-up in this relationship, it's our job to manage that frustration and find a loving response. Here's what might help:

- Check your own stress level. Check in with yourself and reduce your own stress level before you respond to your child.
- Know what your child can-and can't-yet do based on their age and stage. Understanding where they are at helps you to respond with compassion and teaching instead of anger.
- Consider the situation from your child's point of view. Understanding how your child feels will help you respond with compassion. Understanding helps us set limits with kindness and helps us consider what our child is feeling.

Finally, it's ok to relax into being a "good enough" parent. What's real is that missteps matter less than the way you re-connect with your little one.

Over time, children learn to trust you as a source of love, understanding, and forgiveness.

Zero To Three

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