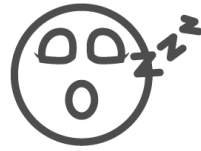




# May 2019



## Children's Mental Health Awareness Week is May 5-11, 2019

### • Tips for Fostering Resiliency in Your Child •

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland &amp; the Maryland Coalition of Families with support from the Maryland Department of Health -Behavioral Health Administration. The Campaign goal, with School &amp; Community Champions across the state, is to raise public awareness of the importance of children's mental health.</p> <p>For more information, please visit <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>MHAMD: 443-901-1550 <a href="http://www.mhamd.org">www.mhamd.org</a> MCF: 410-730-8267 <a href="http://www.mdcoalition.org">www.mdcoalition.org</a></p>			1	2	3	4
			Find out what resiliency & mindfulness mean.	Help your child list three things they look forward to this month.	Offer a safe space for your child to talk.	Practice positive self-talk.
5	6	7	8	9	10	11
Schedule a consistent device-free time with your family.	Empower your child by teaching that they are in control of their bodies.	Model positive & healthy relationships.	Learn & practice a new coping skill.	Be a Children's Mental Health Matters! School Champion & help raise awareness in your school!	Encourage your child to challenge negative thoughts.	Give feedback without criticism or judgment.
12	13	14	15	16	17	18
Allow your child to overhear you complimenting them.	Think through a problem & come up with all the possible solutions.	Value your child's judgment & teach them to trust their instincts.	As a family, make a list of things you are most thankful for.	Don't forget to say "I love you" and "thank you".	Remind your child that it's okay to ask for help.	Help your child set realistic goals & create steps to make them happen.
19	20	21	22	23	24	25
Spend an extra 30 minutes outside today in the sunshine.	Help your child name the things that help them feel safe & secure.	Teach your child how to be empathetic toward others.	Tell someone in your family about a time you saw them using one of their strengths.	When you feel like you can't do something, try adding the word "yet".	Feeling frustrated? Take a deep breath & count to 10.	Be kind to yourself when you make a mistake.
26	27	28	29	30	31	
Encourage your child to challenge negative thoughts.	Take 5 minutes to sit still and just breathe.	Show your child that taking care of yourself is important.	Feelings are important! Draw, write about or even act out your emotions!	Complete a random act of kindness for someone today.	Stay positive about the future & all the exciting things that await your child.	