



# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Children's Mental Health Matters!</i></p> <p><b>G.E.A.R. Parent Network</b> – Maine's only statewide totally family run organization raising public awareness of the importance of children's mental health. For more information:</p>			1 Learn what resiliency means.	2 Practice positive self-talk.	3 Remind your child that nothing is impossible.	4 Give feedback without criticism or judgment.
5 Schedule a consistent device free time with your family.	6 <b>National Children's Mental Health Awareness Day</b>	7 Encourage your child to try their best and have FUN!	8 Download a mindfulness app.	9 Encourage your child to challenge negative thoughts.	10 Allow your child to overhear you complimenting them.	11 Remind your child that it's okay to ask for help.
12 Do not forget to say "I love you" and "thank you".	13 Encourage your child to try new things.	14 Talk about what you are grateful for.	15 Model positive and healthy relationships.	16 Draw a picture to express how you feel.	17 Be consistent in using discipline.	18 Learn and practice a new coping skill
19 Offer a safe place for your child to talk.	20 Teach your child how to be empathetic toward others.	21 Ask your child what their proudest accomplishment is.	22 Do something kind or helpful for someone expectantly.	23 Help your child list their strengths and weaknesses.	24 Show your child that taking care of yourself is important.	25 Name things that help you feel safe and secure.
26 Take a mindful walk. Notice sights, sounds, smells & feelings.	27 Reframe mistakes by looking for ways to learn from them and make them better.	28 Help your child set realistic goals & create steps to make them happen.	29 Empower your child by teaching that they are in control of their bodies.	30 Value your child's judgment & teach them to trust their instincts.	31 Stay positive about the future & all the exciting things that await your child!	

