

mental health

**Mental health plays a vital role in overall wellbeing.
Here are tips to support your child for a successful school year.**

Communicate

Encourage children to talk about their feelings, including anxiousness, fear, and excitement. Reassure them that these feelings are common during changes such as a new school year.

Create routines

Children thrive with consistent patterns of regular sleep, meals, study, and playtime.

Get enough sleep

A proper night's rest helps kids stay focused, improve concentration, and boost academic performance. Children ages 6-12 should get 9-12 hours of sleep, and those ages 13-18 should get 8-10 hours.

Eat well

Good nutrition impacts brain development, memory, energy and attention levels, and the ability to retain information.

Address stress

Develop strategies that help calm your child. Teach breathing exercises or share a comfort item.

Encourage movement

Regular exercise reduces anxiety, depression, and negative thinking. Children ages 3-5 years need to be active throughout the day. Ages 6-17 need at least 60 minutes daily to help boost resilience and cognitive skills.



Visit mysupportlinc.com

Find more information to help you throughout the school year:

Access relevant articles, tip sheets, and resources, including support groups for coping with stress, helping support people on the autism spectrum, sleep fitness, and more.

Parenting Toolkit:
parentingtoolkit.tools

Student Toolkit:
studenttoolkit.tools

In-the-moment support
24/7/365:
1-888-881-LINC (5462)

Sources:
Centers for Disease Control and Prevention