

QUICK TIPS

mental health check-up for kids



connections

Who is your child spending their time with? What do they spend time doing with their friends?



support

If something is bothering your child, do they have people they can turn to for support? Is there an adult at school they feel comfortable talking to?



mood

Ask your child if they ever feel sad or worried. Do they know what's bothering them? What tactics do they use when they feel sad or worried?



sleep

Is it easy for your child to fall asleep? Do they stay asleep, or wake frequently?



nutrition

How is your child's body feeling? Are they having stomach or headaches? Are they eating a variety of foods? Are they drinking enough water?



exercise

How much physical activity is your child getting each day? Do they enjoy physical activity or is it something that is a struggle?



mindset

How does your child face challenges and setbacks? Does your child approach challenges with a positive or negative mindset? Does your child understand and express gratitude?