

#AFC TIPS

Talking to Children about Mental Health

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**Use simple language
when talking to
young children
about mental health.**

Avoid using complex terms or
medical jargon that might confuse
your child.

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**Be honest and direct
when answering
your child's mental
health questions.**

Children are often more perceptive
than we give them credit for --
don't sugarcoat the truth!

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Use feelings as examples to explain how mental health can impact emotions.

Use examples of familiar feelings such as happiness, sadness, and anger to explain how mental health can impact emotions.

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Choose age-appropriate resources to help you talk to your child about mental health.

Check out Action for Children's book list on exploring feelings, located in our [Resource Library](#).

Model healthy strategies like deep breathing, positive self-talk, and seeking support.

Young children learn a lot from the adults around them. It's never too early to pick up good strategies!

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Need more resources?

Call Action for Children at
614-224-0222 and we can
help get you connected!

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