Helping parents nurture children’s mental health and wellbeing

Navigating through the challenges of parenthood can be tricky. KidsMatter has developed children’s mental health and wellbeing information designed to help you raise happy, healthy children. This newsletter looks at mindfulness for children, positive mental health for parents, and five ways to address racism.

Helping you help your kids

Fostering positive mental health from infancy has a strong effect on children’s mental health and wellbeing. Read more about how KidsMatter family information sheets give practical advice and support to parents as they nurture their children’s mental wellbeing.
Caring for your kids means caring for you

When playing a parenting role, it’s natural to want to put children’s needs above your own. Ironically, if you ignore your own mental health and wellbeing, you won’t be able to support and make good decisions for the kids. **Here are 5 simple suggestions** to help protect your own mental health and wellbeing.

Five ways to address racism

Racism is still part of Australian society, and continues to affect many Australians, including young children. But you can help change this by teaching kids about racism, guiding their thinking, and encouraging them to take action. Here are five things you can do to fight racism. You can [read more about it](#).

Your children are your greatest teachers when it comes to mindfulness

The mindfulness movement is gaining momentum across the world, as we recognise the benefits of using our senses to stay in the moment and be fully present. What may surprise you is that this comes naturally to very young children, and in trying a few simple activities at home, parents can share mindfulness with their kids and strengthen the mental health and wellbeing of their families. [Read more here](#).
Meditation made easy  Information Sheets  about cultural diversity  positive mental health

Having trouble seeing the images? Try this version

Australian Psychological Society, Level 11, 257 Collins Street, Melbourne VIC 3000.

© Commonwealth of Australia 2012. This work is copyright. You may use this work in accordance with the terms of licence available at www.kidsmatter.edu.au