



# SUPPORTING YOUR CHILD'S MENTAL HEALTH

A Helpful Infographic



## Keep a routine

Establish regular wake up and bedtimes. Try to eat meals at the same time each day. Create a time for homework, time for play, and time for family engagement. Creating predictability in a time of uncertainty can help to reduce anxiety and mood swings.

## Get some movement

30 minutes of daily activity can boost mood, improve physical health, and reduce destructive behaviors caused by boredom. Family walks outdoors or living room dance parties are some of our favorite activities!



## Be mindful of diet

What we eat can directly impact how we feel and in our kids, impacts behavior as well. Try to limit extra sugar and suggest fruits and veggies over processed snacks. Encourage a glass of water before grabbing a juice or pop.

**We can all use a little extra support in this time. If you're feeling overwhelmed, we are here to help!**

**Brookings Behavioral Health and Wellness**

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# SIGNS YOUR CHILD MAY BENEFIT FROM COUNSELING



1

## CHANGES IN SLEEP

Does your child sleep 8-10 hours or more a night and still complain about feeling tired? Maybe they have trouble falling or staying asleep at night. If these changes in sleep patterns seem to come "out of the blue" and interfere with your child's day to day life, it may be a sign of a deeper emotional issue.



2

## PHYSICAL SYMPTOMS

Is your child suddenly reporting frequent headaches, stomach aches, or pain in other areas of the body? Sometimes emotional issues like anxiety or depression can present as physical issues (especially in children).



3

## BEHAVIORAL CHANGES

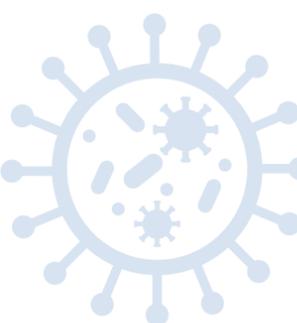
Does your child have frequent meltdowns or tantrums? Do they seem to go from "0 to 100" in a matter of seconds? Because children's brains are not yet fully developed, they are often not able to tell us what is wrong, so they show us instead.



4

## MOOD SWINGS

When it seems like any little thing might "set off" your child, it can leave parents feeling like they are walking on eggshells. If your child is showing symptoms of persistent negative mood, frequent crying spells, or other changes in emotions, it might be time to see a counselor.



5

## LIFE TRANSITIONS

Most, if not all, of our children have been impacted by COVID-19 in some form - whether they recently transitioned to distance learning, started wearing masks, or can no longer spend their summer days at the pool. Any change, especially unexpected, is difficult to deal with. Counseling provides your child with a safe outlet to process these transitions.



You may qualify for *FREE* counseling services. Contact our office to learn more.