



# Mental Well-Being for Kids

*Good mental health and well-being helps children think, learn, and socialize – and it leads to self-confidence and high self-esteem.*

## What to do

Ensure your child has these mental health basics:

- **Unconditional love from family**
- **A feeling of safety and security**
- **Face-to-face playtime with other children**
- **Encouragement and support from teachers and caregivers**
- **Appropriate guidance and discipline**

