



#LittleMindsMatter

**Kids have  
mental health  
too!**



To learn more...

[www.healthunit.com/early-child-development](http://www.healthunit.com/early-child-development)

**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)

# 5 WAYS

To nurture your  
child's mind.

1. Take time everyday to work on building a strong loving relationship with your child.
2. Create an environment that has predictable routines and that is safe for your child to explore, play and learn.
3. Teach your children how to recognize, talk about and cope with their emotions.
4. Role model and teach healthy coping strategies.
5. Include physical activity, healthy eating and adequate sleep into your family's daily routine.



For Parenting Support or more info call Health Connection, Mon to Fri 8:30am to 4:30pm

**519-663-5317 x2280**

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