

# Pediatrician offers tips on how to support healthy mental and emotional development in your child

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Children, teens and their families are facing a lot of stress and challenges

to mental wellness. Is it possible to prevent mental health problems and help kids be resilient during tough times?

The answer is yes. Parents and caregivers have powerful tools to help their children thrive, no matter what life throws their way. Positive experiences and safe, [stable relationships](#) help children develop the skills they need to manage their emotions, solve problems and develop close connections with others. The process of gaining these critical skills is called healthy mental and [emotional development](#).

Here are some tips on how families can help:

- Create predictable and structured routines to give children a sense of stability and connection.
- For older kids and [teens](#), planning special family fun time strengthen relationships Mark game nights or other family activities on your calendar so that everyone can look forward to relaxing together.
- It's also important to incorporate positive discipline strategies help teach children and teens to manage their behavior in a healthy way.

Other ways [parents](#) can support their children's healthy mental and emotional development include allowing children to express their thoughts and feelings, and making time to listen in a supportive and non-judgmental environment.

Stay in touch with teachers, school counselors and other adults in your child's life and work together to address any concerns. And talk with your child's pediatrician if you believe your child may need more support. While parenting isn't always easy, help is in reach, and connecting with others can help all of us to build resilience.

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Citation: Pediatrician offers tips on how to support healthy mental and emotional development in your child (2024, May 13) retrieved 11 July 2024 from

<https://medicalxpress.com/news/2024-05-pediatrician-healthy-mental-emotional-child.html>

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