

TOP TIPS TO HELP TEENS' MENTAL HEALTH

The things that they need the most help with is:



1 GETTING ENOUGH SLEEP

Teens need between 8-10 hours per night. This is vital for their growing brains.



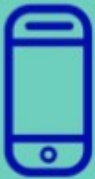
2 FOR US TO RESPOND NOT REACT

Stay calm and centred when they're having a meltdown - remember, you're the grown-up. You modelling calm will help them learn to emotionally self-regulate.



3 FOR US NOT TO TAKE IT TO HEART

Don't tolerate rudeness. But if they're a little grumpy with you, it doesn't mean they don't love you anymore. They're testing out their own way of doing things. And establishing their independence from you.



4 REGULATING DEVICE USE

Monitor what they're accessing online - is it age-appropriate?
And, help them to have at least 60-90 mins screen-free time before bed. So it doesn't interfere with their sleep.



5 BEING EMOTIONALLY PRESENT

Tell them you love them just for being them - despite approving/disapproving of what they've done. That you love them just for being born and in your life.



6 FINDING THE FUNNY

Tap Into your teen or tween's sense of humour. Discover what makes them laugh. A little bit of banter or a funny movie (well, funny for them) is the best balm for teenage angst!