

Guiding the next generation

Raising kids – or being a big part of their lives - can be a mix of joy and worry. We want them to be happy and healthy, but kids today face a lot of challenges. The good news is that caring adults can make a huge difference in their mental well-being.

How to help kids navigate change in their life

- Talk openly: Ask about both good and bad feelings they're having when change happens.
 - Check-in regularly: Make time for everyday chats about how things are going.
 - Stay positive
 - Manage your own stress: Take care of yourself – this shows your kids healthy coping skills.
 - Watch for warning signs: Changes in sleep/eating habits, difficulty concentrating, withdrawing, irritability, talking about self-harm/suicide (seek help immediately)
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Six ways to talk to kids about their mental health

Talking to kids about their feelings is important, especially when we're concerned. Conversations about emotions can help us understand what our kids are going through and how to help.

1. Stay calm: Take deep breaths to stay grounded.
2. Express concern: Gently share what you've noticed. Example: "You seem down lately. Is there anything you want to talk about?"
3. Listen and understand: Give the child space to share.
4. Show love and comfort: Reassure them they're not alone.
5. Discuss professional help: If needed, explain that therapists are like doctors for our minds.
6. Keep talking: Let them know they can always come to you.

Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on [UndertheHat.com](https://www.UndertheHat.com).

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