

How to support your child to maintain good health!

NHS

Kent Community Health
NHS Foundation Trust



Encourage Healthy Eating



Get Regular Exercise



Good Quality Sleep



Positive friendships and relationships



Find a hobby that is fun, relaxing or challenging!

You've Got This!

Top Tips for Resilience

Resilience is 'The ability to cope through difficult circumstances, to bounce back from the problems faced in life.'

You can support your child with building resilience:

- **Help** them to maintain good health
- **Support** positive friendships and relationships
- **Encourage** time doing talents and interest
- **Understand** their emotions and behaviours
- **Provide** unconditional love and security