

## How to support your child to maintain good health!



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