

# Mental Health Memo

## WITH CARE Tip Sheet for Parents and Caregivers



You have the most important role to notice when your child is experiencing distress that can result in changes in their thoughts, their feelings, or the way they behave.

Think about your relationship **WITH** your child...

- W** **when** did the concern start?
- I** how **intense** is the concern?
- T** what is the **timing** of the concern and how often does it happen?
- H** **how** is the concern impacting their daily life?

You can help your child/youth manage temporary distress through the **CARE** you provide...

- C** practice **calm** together (try deep breathing exercises)
- A** find the **awesome** and model gratitude
- R** set **routines** that are easy to follow with time for fun, connection, and rest
- E** **engage** in physical activities

Click on the link to see the entire article [WITH CARE Tip Sheet for Parents and Caregivers](#)

Did you know that every RRDSB school has a Child & Youth Mental Health Clinician who can continue to provide counselling services over the summer? See the link for the Mental Health Resources on the RRDSB website for more information: [https://www.rrdsb.com/parents/mental\\_health\\_information\\_and\\_resources](https://www.rrdsb.com/parents/mental_health_information_and_resources)

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)