



Parenting for Mental Health: Create a “Secure Base” for Your Child

- Warmth and responsiveness
- Help your child feel seen, safe, soothed and secure through everyday connections
- Normalize display of emotions in self and child
- Mindful listening with reflective responses
- Open-ended questions
- Firm and kind boundaries
- Opportunities for increasing autonomy
- Recognize that behavior tells a story
- Avoid criticism, arguing, and unsolicited advice
- Ask yourself - am I triggering stress or calm?
- Build optimism - help child understand they will be ok even when things aren't ok
- Build resilience through regular practices
- Coach problem solving skills
- Signal safety
- Lean into joy, tolerate vulnerability

