

How Maven can support your children's mental health

It's no secret—the past couple of years have put an incredible strain on our children's mental health. Disruptions to their in-person learning, lack of socialization with peers, and missed significant life events are just a few of the stressors impacting our children today. Here are some ways to help support our kids' mental well-being from Maven Mental Health Specialist Janise McNally.

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What to look out for

As parents, it can be difficult for us to determine the difference between normal child development and bigger issues. **20%** of children have mental health conditions, and approximately half of all mental health conditions **start by the age of 14**, so it's really important to know what to look for. We know that all kids experience some degree of anxious feelings and sadness, but mental health disorders are different due to serious, persistent changes in behavior.

Here's what to look out for:

- Changes in behavior (eating or sleeping a lot more or less than usual)
- Negative emotions that are showing up more days than not
- Distress that interferes with everyday functioning and life
- Withdrawal or isolation from friends or family
- Extreme fears around specific things or situations
- Fatigue or loss of energy
- Impaired concentration or restlessness
- Complaints of frequent stomach aches or headaches with no known medical cause



How to be there for your child in hard mental health moments

While you might want to figure out the root cause of your child's struggle and solve the problem right away, it might not be the most effective solution. Start with reflective listening, which is listening that is intended not to respond, but to understand.

Here are some do's and don'ts for being there for your child:

Do: Verbalize some options if they're having a hard time saying how they're feeling. Ex: "Sometimes kids can feel anxious or sad because of XYZ—do you feel like that's the case with you?"

Do: Build trust by empathizing. Tell them you're sorry they're feeling that way and that you would probably feel the same way.

Don't: Judge them for how they're feeling or minimize their problems, even if they seem small. These problems can feel really big at their age, and this can make it harder for them to talk about.

Don't: Make them say exactly why they're upset if they aren't sure. When it comes to generalized anxiety or depression, the cause can be hard to pinpoint, even for adults. If our kids are struggling to tell us the cause, we can just say we understand and we want to help them figure this out.

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How Maven can help you and your family with pediatric mental health

Normalizing conversations about mental health is best done early—but it's never too late to start. If you're feeling nervous about saying the wrong things, know that being genuine is much more important than saying the exact right thing. Maven is here 24/7 to support you through the ups and downs of parenting with on-demand virtual appointments, clinically-vetted articles, classes, and other resources.

You can talk to a Maven Mental Health Specialist anytime to help you:

- Navigate sibling dynamics
- Support your child through bullying
- Check in on your child's mental health
- Role model healthy emotional regulation as a parent for your family



Join today for free to get the parenting support you need, when you need it.




Available providers


Sat, Feb 24

Your child's mental and emotional health
How to help your child cope with stress, depression, anxiety

BOOK A VIDEO CALL

 **Beth Rosenberg**
Pediatrician

10:00 AM 10:10 AM

 **Joanne Light**
Parent Coach

9:00 AM 12:00 PM

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