

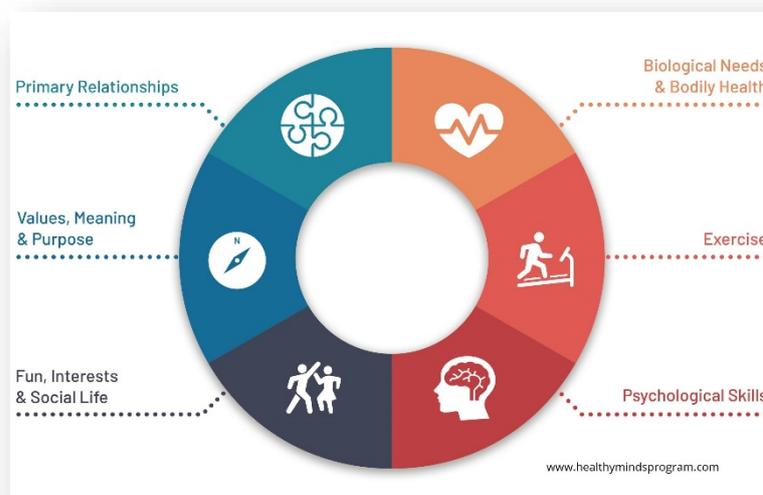


## Pathways to a Healthy Mind

with Dr Tom Nehmy

### Take Away Messages

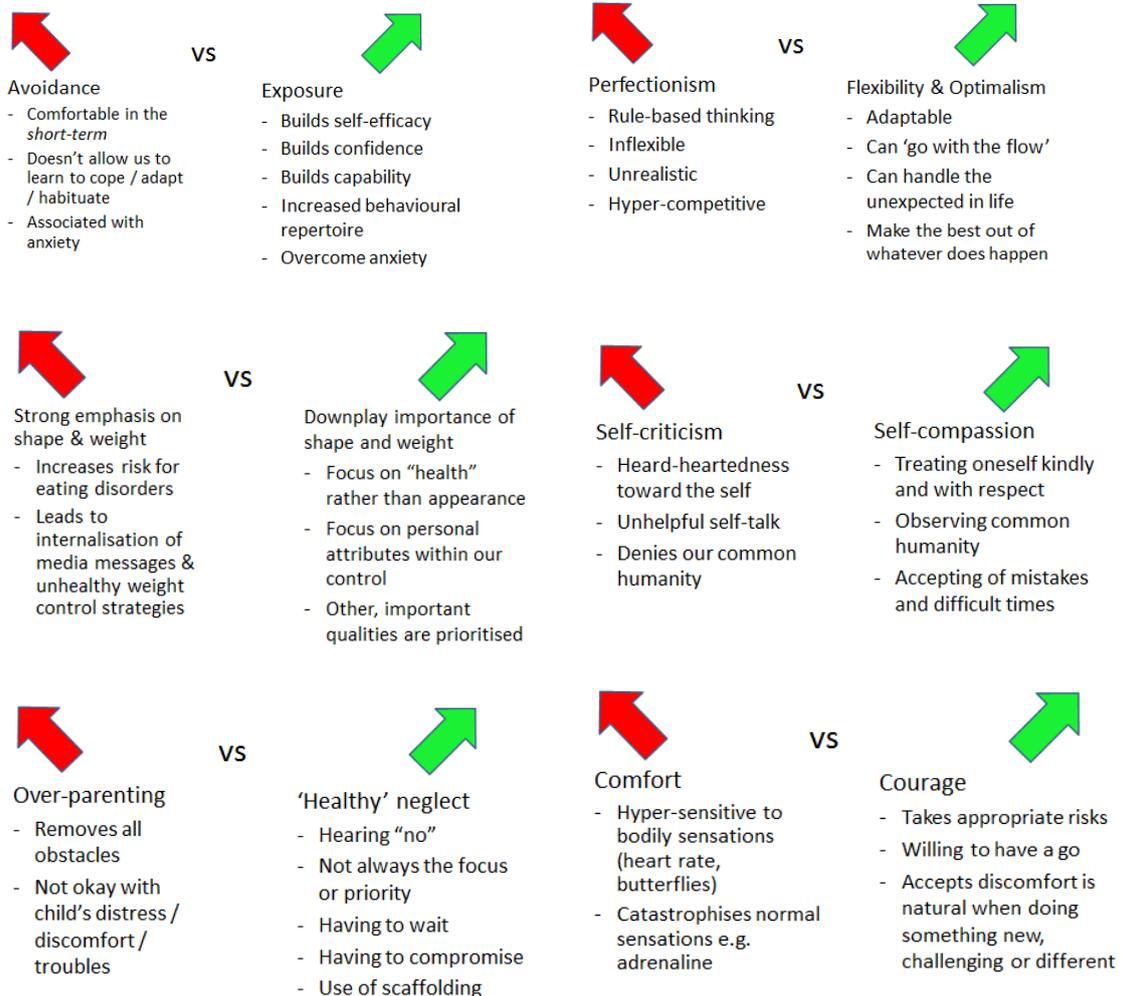
- Wellbeing is more important than trying to feel happy 24/7, which is not normal. Wellbeing is the foundation of true mental health.



- Self-control in early childhood is a major predictor of long-term social, emotional, health and financial outcomes. How can we build self-control in kids?
- You are modelling to your child *anytime you are in the same place*
- Children are apprentice adults who need guidance, coaching, feedback & support
- There can be no resilience without the opportunity to be resilient.
  - Try not to make the Great Mistake – prioritising short-term emotional states over longer-term learning and development.
  - Beware of ‘overparenting’ – You should only assist kids to the degree that is appropriate to their developmental level

- Use pre-emptive exposure
  - Kids can expand their comfort zone and build confidence reliably if prompted and coached to consistently go just one step outside their comfort zone, and by not avoiding or escaping when they feel uncomfortable.
- In reflecting on your parenting practices, consider if they lead down any of the following pathways:

## THE PATHWAYS



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