

# BUILDING A SUPPORTIVE HOME ENVIRONMENT



## Talk openly

Check in regularly and encourage everyone to share how their day went.

## Show healthy emotions

Let your child see how you handle feelings in a calm, healthy way.

## Keep routines

Predictable schedules help children feel safe and stable.

## Provide calm spaces

Create a quiet area for relaxing, reading, or listening to music.

## Use creative outlets

Encourage drawing, writing, or music to express feelings.

## Support friendships

Help your child stay connected with friends and groups.

## Set clear rules

Consistent boundaries help children feel safe.

## Teach problem-solving

Help your child think through challenges and make decisions.

## Promote healthy habits

Good sleep, nutrition, and physical activity support mental well-being.

For more information and free resources  
visit [www.ndthrives.com](http://www.ndthrives.com)

