



NEWSLETTER

WHEN TO GET HELP FOR YOUR CHILDRENS MENTAL HEALTH

In today's world there are a multitude of things to protect our children from, creepy people on the street, mean kids in their school, and even online strangers who feed them incorrect information or might cyber bully them. One thing we rarely think we have to protect our kids from are their own brains, because surely that is one safe space right?

Well.... Think again! Our brains and theirs are often riddled with issues some of which we can help each other with, by expressing our feelings or practicing a little self care. But when do we need to seek professional help for our children? Children from the moment they are born are cranky, anxious, irritable and aggressive, this only gets worse when the hormones set in and double all these emotions. While they are normal to a certain degree it is important to keep a close eye on your child during these impressionable years. Things like anxiety disorders, attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder, depression and other mood disorders, eating disorders can begin during their childhood or even their teens. Without treatment, these mental health conditions can prevent your child from reaching their full potential.

Here are some tips on when to seek out professional help for your child:

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Have lost interest in things that they used to enjoy:

While teens often ditch hobbies that they used to love for various reasons like what their peers might think, if this change is sudden and cannot be linked to any reason it might be a sign to pay closer attention.

Are spending more and more time alone and avoiding social activities with friends or family.

Teens as a rule think their parents are uncool and want to spend minimal time with them but if they are skipping events and activities that they normally enjoy or are skipping out on outings with friends for no conceivable reason it might be a sign something is up.

Others have mentioned behavior changes:

Sometimes we get caught up with work and might not notice small changes so it's important to keep in touch with the people closest to your children whether it's a caretaker(nanny), teacher or friends.

WISHING EVERYONE A HAPPY DIWALI

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