The Fuller Life

# Ways to nurture your child's mental health



Just listen deeply to their thoughts, fears and dreams without judgment

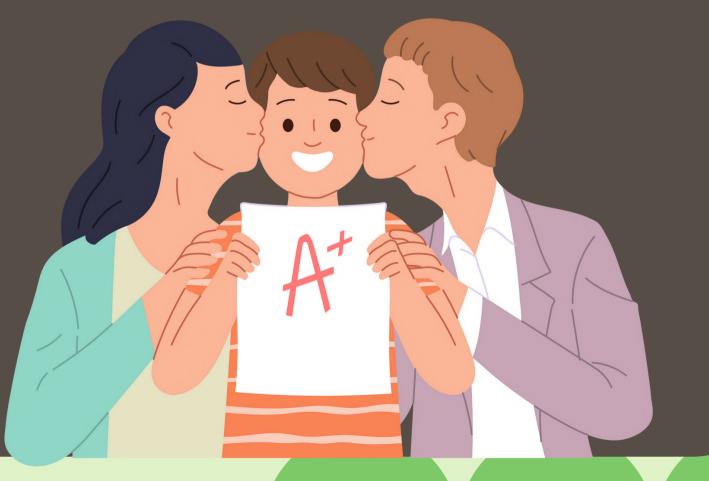


## Encourage expression through creativity, music and sports





Always praise them for the good things they do



### Plan unstructured playtime to promote imagination & relieve stress





Create a consistent schedule to provide stability & a sense of security



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### Lead by example; show healthy coping mechanisms & habits





Seek support for your child & yourself by consulting a professional



#### Launching a wellbeing program is now easy with WoW



Counsellors



**Doctors** 



**Dietitians** 



Financial advisors



Yoga



**Dance** 



Art



**Articles & videos** 



**POSH training** 



e-pharmacy



Lab tests



**Physios** 



**Email support** 



**Newsletters** 



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Monthly reports