Nurturing May

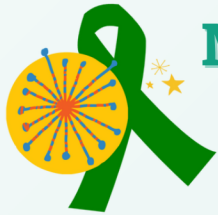| Sun	Mon	Tues	Wed	Thurs	Fri	Sat
## Mental Health Month *Daily tips inspired by Dr. Beresin's new guide, Ways to Help Your Lonely Teen*			**1** Ask your teen if they have time in their schedule for things they enjoy	**2** Ask your teen what they like, and don't like, about using social media	**3** Offer to take your teen and their friends out for a picnic	**4** Do a 10-minute meditation with your child or teen
5 Take your child or teen for a walk in your community	**6** Tell your child how much you love them; or show them (e.g. a good hug)	**7** Ask your child who their favorite teacher is at school	**8** Offer to take your child and a friend to a community event	**9** Children's Mental Health Awareness Day Simply "be" today.	**10** Ask your child how they have been sleeping	**11** Let you and your teen sleep in today!
12 Reflect on a time when you failed to correct a mistake with your child	**13** Reach out to a family member or a loved one to check in	**14** Think about adults in your child's life who they seem close to	**15** Support your child in finding a new hobby	**16** Ask your teen what their favorite app is, and how they use it	**17** Check out the Clay Center's online PDF library: When to Worry What to Do	**18** Take your teen for an exercise class!
19 Take your child or teen to explore somewhere new in your area	**20** Put your phone away today when you're with your child	**21** Invite a supportive family member over to spend time with your child	**22** Help your child think ahead about summer activities they'd like to do	**23** Play a video game with your teen - their choice!	**24** Talk with your teen about their relationships and friendships	**25** Listen to and validate something your child tells you today
26 Join your teen in a hobby or an activity they like today	**27** Treat you and your teen to something special today! Self-care matters.	**28** Share a story with your child from when you were their age	**29** Encourage your child to invite one or two friends over	**30** Learn more about apps and online media at Common Sense Media	**31** Invite your teen to a local sports event or theater production	