

**MIND your
child's health**

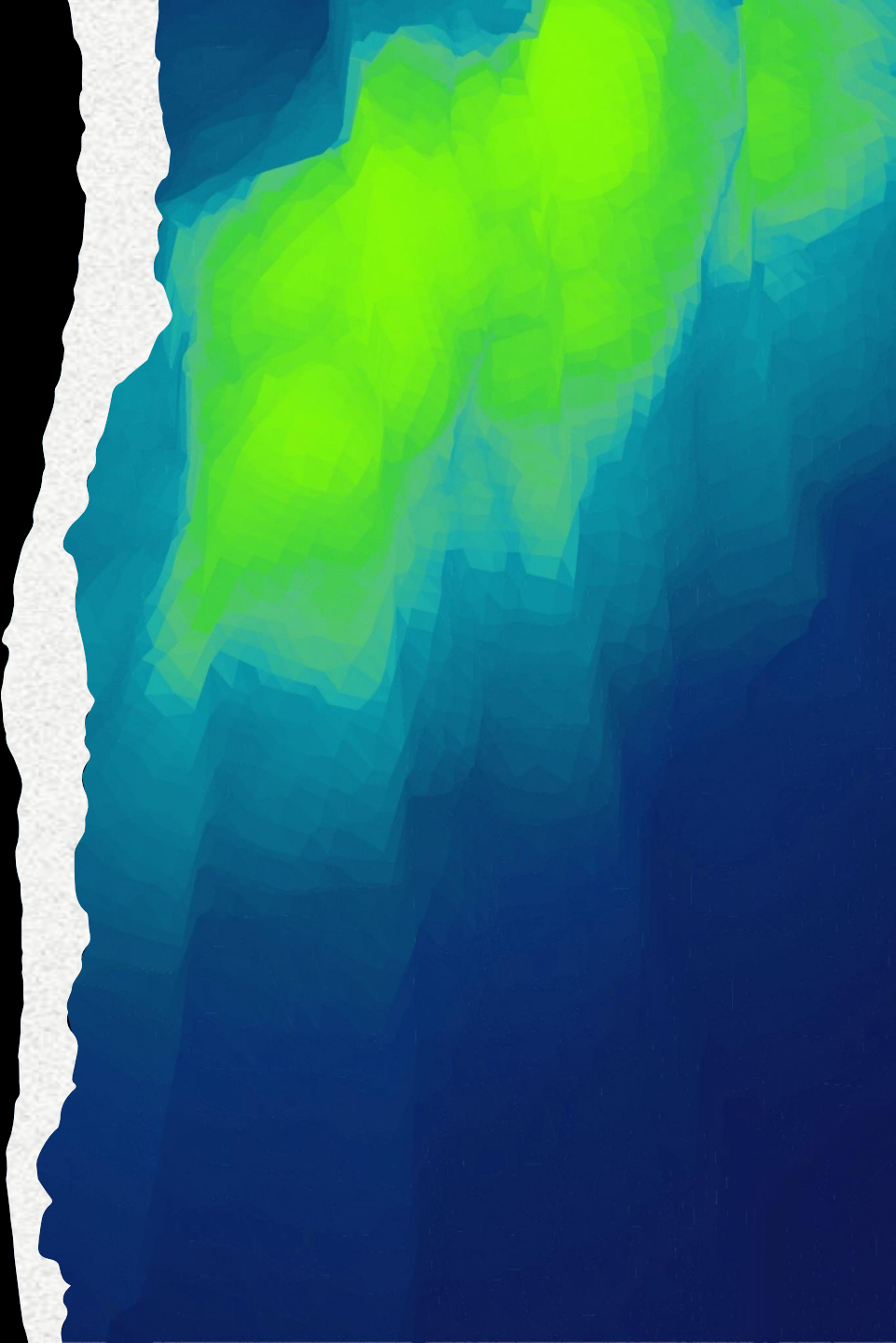
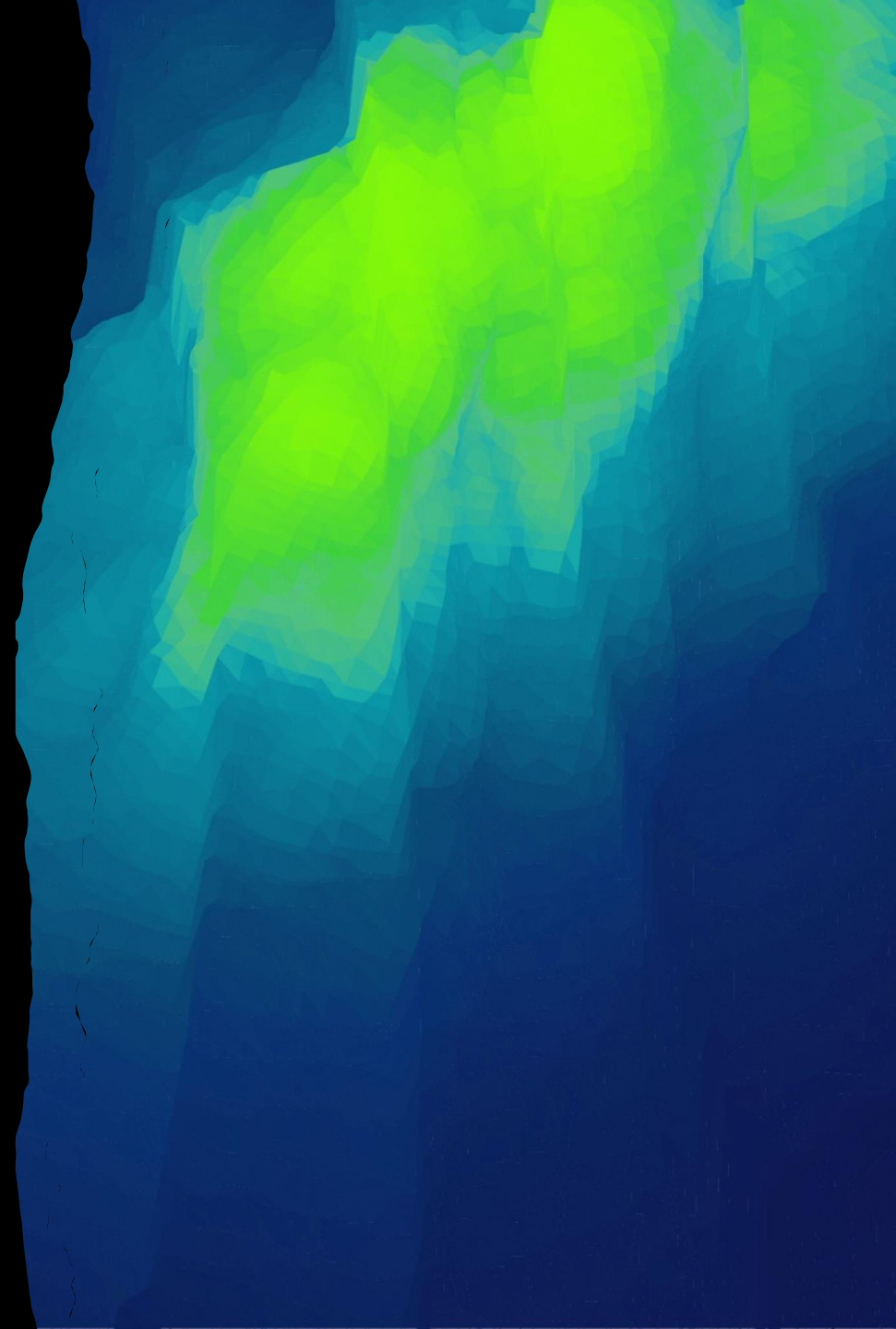




Photo by Senjuti Kundu - Unsplash



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Mental health is the way children think and feel about themselves and the world around them. It affects how children cope with life's challenges and stresses.

Good mental health is an important part of healthy child development. It helps children build positive social, emotional, behaviour, thinking and communication skills. It also lays the foundation for better mental health and wellbeing later in life.

Mental Health Foundation



When we close schools we close their lives.

Photo by Sharon MacCutcheon

**Calls have risen by
10%**

**“I feel really sad and
lonely. Most days I
find myself just lost
in my own thoughts
and feeling numb”.**



Photo by Sharon MacCutcheon

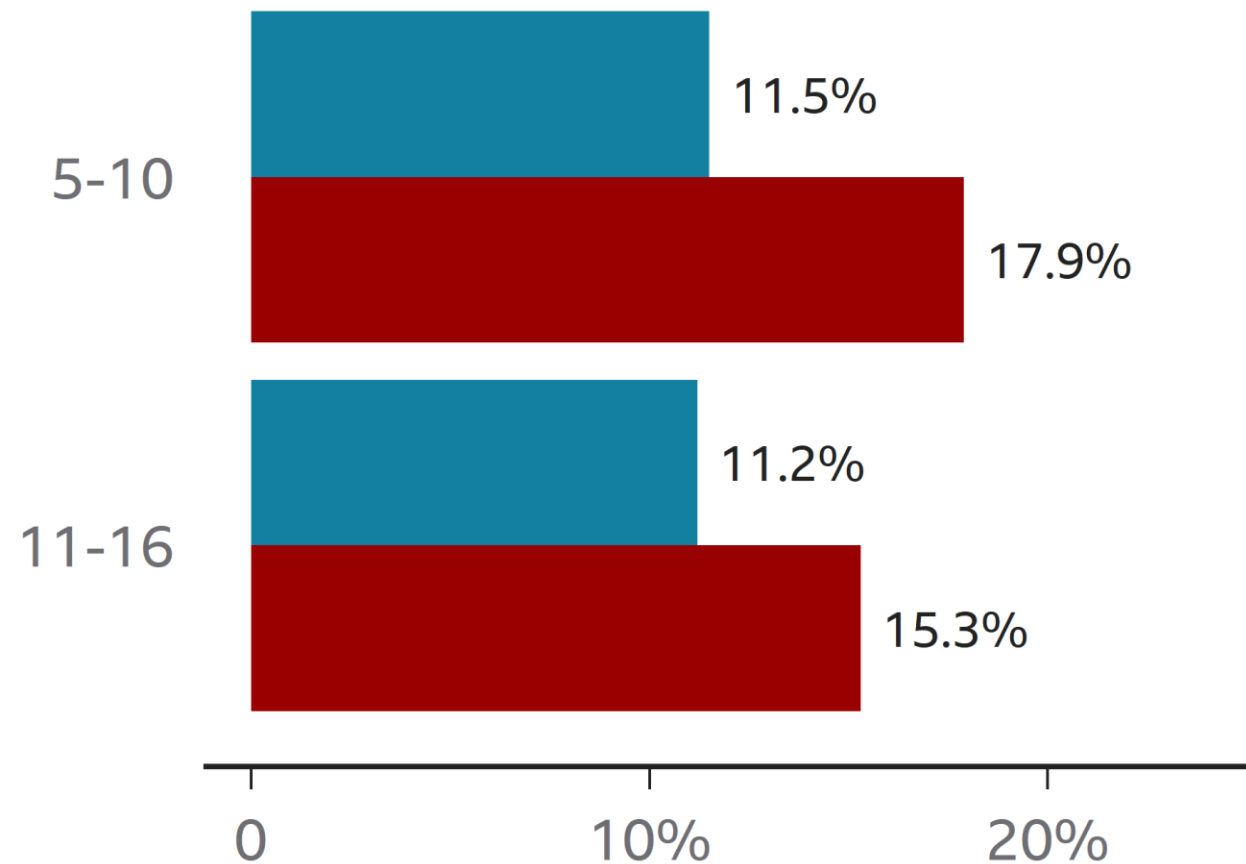
- Schools suspended nationwide in 188 countries
- Over 90% of enrolled learners (1.5 billion young people) worldwide are now out of education
- 83% said the pandemic had made their conditions worse
- 26% said they were unable to access mental health support
- Domestic violence last year 47 reports now 162 reports
- Suicide is leading cause of death among 10–19-year-olds

Mental health in children has worsened

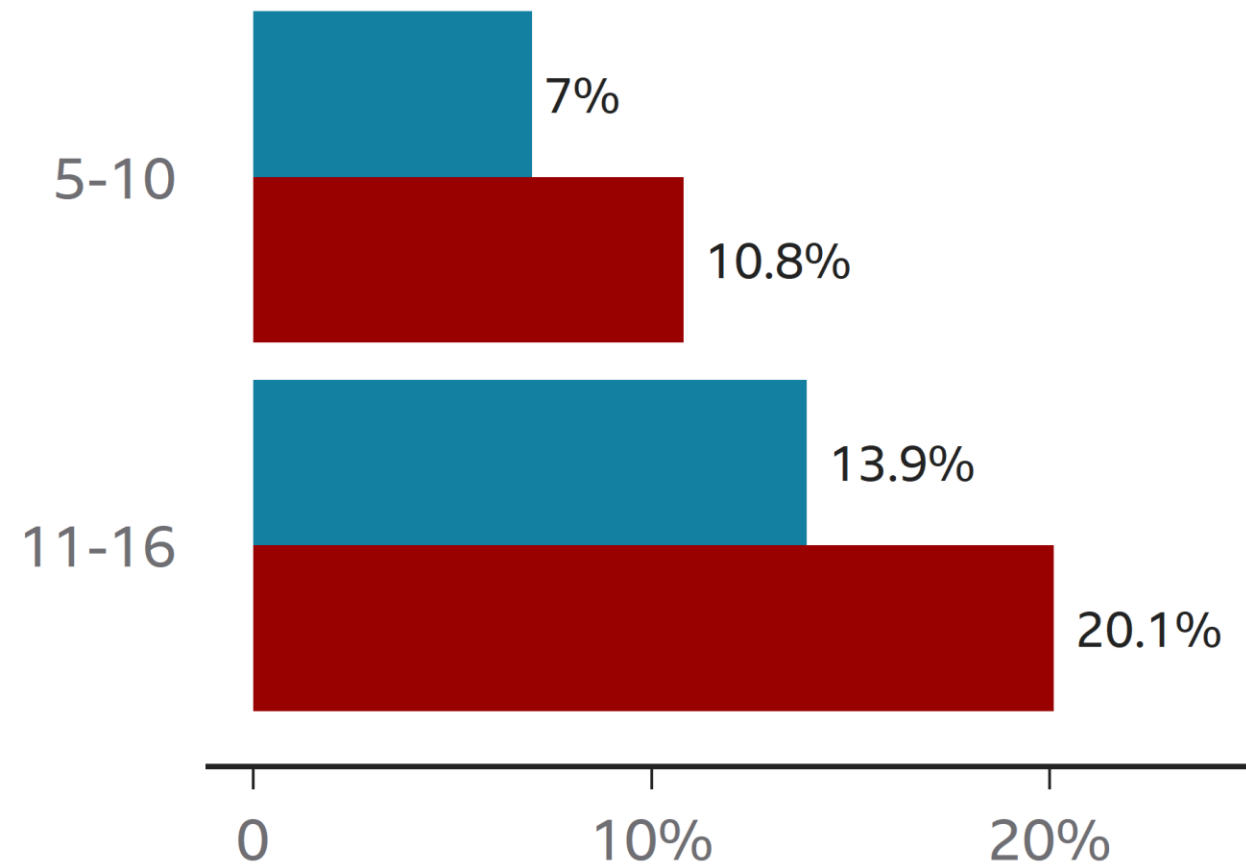
% of children with probable mental health problems by age-group, England


■ 2017 ■ 2020

Boys



Girls



- 
- Family tensions
 - Financial concern
 - Isolated from friends
 - Fear about the virus
 - Prospects shrink

- . **20%** of adolescents may experience a mental health problem in any given year.
- . **50%** of mental health problems are established by age 14 and **75%** by age 24.
- . **10%** of children and young people (aged 5-16 years) have a clinically diagnosable mental problem, yet alarmingly **70%** of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.



Photo by Edwin Hooper

"We have found that some families are doing well and many are having positive experiences, particularly in terms of strengthening family bonds. Whilst others are facing difficulties and lockdown has had negative impacts for them; particularly when additional pressures have occurred. These two opposite experiences for UK families are providing questions about modern families and new lines of inquiry into British family lives are emerging."

FOR YEARS, THE CHURCH
HAS PUT MUCH EMPHASIS
ON FAMILIES. AND THIS
REALLY IS THE WAY TO GO.
A HEALTHY FAMILY LIFE IS
CONDUCTIVE TO THE WELL
BEING OF CHILDREN.



George Barna Research

40% little overwhelmed

36% somewhat

18% overwhelmed

“We need to make sure we’re pointing parents continuously to resources that help them navigate these conversations.” “It’s not enough for us to give a nod to these issues on Sabbath morning or to say how we’re adjusting as a church; that doesn’t help parents navigate these conversations at home. If the Church isn’t the source of resources for parents, then they’ll go [elsewhere] and not get a Christian perspective and that may not give them the best answer to help their kids navigate trauma, stress and these overwhelming circumstances.”



“Come unto Me,”
is His invitation.

Whatever your anxieties and trials,
spread out your case before the Lord.

DA 329





LOOK FOR THE GOOD IN OTHERS



SAVOUR THE SMALL MOMENTS



**STRENGTHEN YOUR
CONNECTIONS**

STRENGTHEN SERVICE IN YOUR KIDS

E.G.White
Becho July 10, 1899, par. 7

God sees not as man sees... Our Saviour repeatedly declared that the first should be last, and the last first. Unconsciously men act out their true character. Some work in a humble, lowly way, but they are imbued with the Spirit of God, and constantly they are doing little things to help others. They bring into their service a spirit of self-sacrifice and self-abasement. They long to do more for their Redeemer. These are the ones who will stand first. They think little of what they do and are astonished to see that the Lord has noticed the kind word spoken to the disheartened, the gift bestowed to relieve the distressed. But the Lord measures the humble, childlike spirit of love and tenderness in which these acts were performed and makes the reward proportionate.



John 14:27 (The Contemporary English Version)

“I give you peace, the kind of peace that only I can give. It isn’t like the peace that this world can give. So don’t be worried or afraid.”

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