



# TRY IT AT *Work*

A resource to reflect on supporting  
children's mental health

## 1 Reflect on your role in supporting children's mental health in your practice

Do you think that you consistently support the mental health and well-being of the children you work with? Brainstorm and list improvements you could make in your approach to supporting their mental health.

- **How well do you know the children you work with?** What can you do to strengthen your relationships with them?
- **Consider your knowledge about brain development and self-regulation.** What areas of knowledge would you like to strengthen to support the children in your practice? Reflect on your understanding of stress and how it impacts children.
- **What strategies do you use to support children?** Reflect on the ways you respond and support children to self-regulate. What do you say and do?
- **What are your stressors in the environment?** What strategies do you have in place to manage stress and adjust your behaviour?



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## 2 Observe the children in your learning environment

Identify some of the causes of stress. What is the impact of stress on the children?

How does your learning environment affect the children's mental health? How could you modify it to better support their mental health and well-being. What needs to stay the same?



## 3 Be intentional and responsive

Taking time to reflect on the environment, children's behaviour, and your role with them is critical to providing an environment that supports positive mental health. Research, access resources, and ask for support from colleagues to ensure that you are using supportive strategies and creating positive learning environments for children.

To improve your practice's learning environment and interactions with the children in your care:

- Promote attachment, responsive relationships and self-regulation
- Encourage independence and reasonable risk-taking
- Provide opportunities for meaningful exploration and connections to the community