

DS/007/2025-26

Date:09/04/2025

FOSTERING MENTAL HEALTH

Dear Parents,
Greetings from Dewvale School!

This Wellness Wednesday, let us focus on nurturing our children's mental health. Encourage open conversations, create a stable routine and celebrate their small wins. Limiting screen time and introducing stress-reducing activities, like mindfulness can help them feel balanced and secure. Together, let us support their well-being!

Please find the attached poster for more tips and activities to support your child's mental health!

Best Regards,



سيما عمر

Seema Umar



20 THINGS YOU CAN DO AND SAY TO SUPPORT YOUR CHILD'S MENTAL HEALTH



@BELIEVEPHQ

