

CREATING A MENTAL HEALTH FRIENDLY HOME



Prophet Muhammad SAW said, "The best of you are the best to their families, and I am the best to my family". Tirmidhi

Help children build strong, caring relationships:

- Spend time with them by playing family board games
- Make exercise at home a family activity, go for walks regularly
- Pray together or cook as a family

Build their self esteem:

- Celebrate their efforts regardless of the end result
- Remind them that Allah has created them unique and loves them
- Involve them in decision making by asking them to plan a day's schedule
- Teach them to be self-compassionate

Listen, and respect their feelings:

- Make home their "safe space" Have non-judgmental discussions where they can express their feelings
- Ask them how you can support them when they're feeling down
- Support them with empathy and compassion

Be a role model by taking care of your own mental health:

- Talk about your own feelings & experiences
- Role model self-compassion & forgiveness
- Make time for things you enjoy
- Take screen free breaks yourself
- Engage in regular physical activity and exercise

Help them problem solve:

- Teach your child how to relax when they feel upset
- Acknowledge what they are feeling (I know this must be really difficult) and guide them

Create a Sakeenah Space at home:

- Create a quiet corner in the house for an emotional, spiritual and physical retreat adding a prayer mat, Quran, books, calming jars, journals, tasbeeh, mindful coloring books, etc.
- Asking children to help create this safe space and personalize it