
PEAK MOMENT

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NEWSLETTER CONTENT

EVERYDAY HABITS FOR CHILDREN'S MENTAL HEALTH FITNESS START AT HOME

Anxiety and depression are on the rise in children, with an estimated one in seven experiencing mental health problems. For parents and caregivers, that number can be concerning.

So what can you do to strengthen your child's mental health to help them feel good, build emotional resilience and cope with life's challenges?

Building good mental health habits doesn't need to be complicated. Creating positive family interactions, modeling how you handle stress well and looking after yourself can all go a long way in helping your child build their mental health muscles.

In the age of helicopter parenting, supporting children to take healthy risks and discover their capabilities is also important. While finding the right balance between encouraging safety and adventure in our children can be difficult, when we get it right, the benefits are huge.

When it comes to children's mental health, perfectionistic tendencies can be overlooked. Spotting the early signs, normalizing mistake making in your home, and praising your child for effort instead of results all make a big difference in supporting their mental health and well-being.

Read Triple P's latest articles on children's mental health to learn more about [perfectionism](#), [healthy risk taking](#) and [everyday habits to build kids' emotional resilience](#) to help you parent with confidence.

And don't forget to check out [Triple P's online courses for parents and caregivers!](#)