



FOR IMMEDIATE RELEASE

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Lutheran Family and Children's Services Offers Children's Mental Health Checklist for a Happy, Healthy New Year

St. Louis, Missouri (January 8, 2023) – As the New Year unfolds, ensuring children's mental health should be a top priority for every parent. To assist families in addressing this important issue, [Lutheran Family and Children's Services \(LFCS\)](#) offers a concise Children's Mental Health Checklist.

√ **Open communication.** Encourage honest conversations in a judgement-free zone where children can share their concerns.

√ **Model diverse feelings.** Demonstrate a variety of healthy emotions to normalize the idea that everyone experiences different feelings.

√ **Teach responsibility for feelings.** While showing emotions is healthy, avoid burdening children with responsibility for your feelings. Model coping strategies instead.

√ **Practice healthy coping strategies.** If you practice healthy coping with complicated feelings, it will be easier for your children to do the same when they need it. Examples include walking, talking to a trusted friend, meditating, or journaling about your feelings.

√ **Use “I Statements.** Employ “I Statements” to promote productive conversations about feelings, needs, and the impact of events.

√ **Build positive routines.** Children thrive on structure and predictability. Create consistent routines to provide structure, predictability, and a sense of safety for children.

√ **Encourage play and exercise.** Engage children in play and light exercise to boost positive energy and counteract prolonged computer screen time.

√ **Manage stress.** Teach your child various stress management techniques, including deep breathing, counting slowly, coloring, music or a short walk.

√ **Seek professional help.** LFCS offers tailored behavioral services for children. Consider expert guidance from our counselors and therapists.

For more information about LFCS’s [mental health counseling services](#), contact us at 866-326-LFCS (5327).

About LFCS

[Lutheran Family and Children Services \(LFCS\)](#) is a statewide agency headquartered in St. Louis, Missouri; regional offices in Columbia, Cape Girardeau, Springfield, Joplin, and Kansas City; and numerous satellite counseling sites. LFCS serves Missouri families from all walks of life in their greatest times of need. The nonprofit social services organization provides four key support areas to help children and families in Southeast Missouri—Adoption, Behavioral Health, Parenting Education, and Pregnancy Support. The programs in these areas empower individuals and families to develop healthy, supportive foundations for a lifetime. Services are open to anyone regardless of race, faith, national origin, gender, or age.

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