

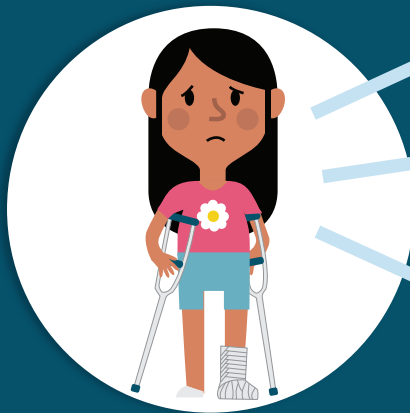
SUPPORTING OUR CHILDREN'S HEALTH



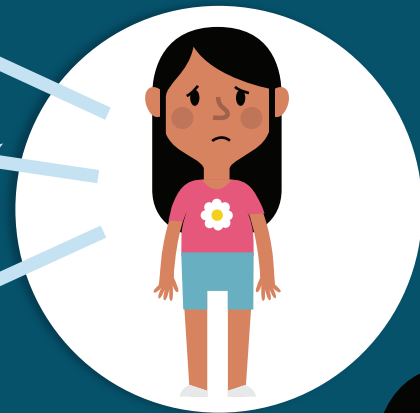
Hello, my name is Ana and I am Maria's mom. As parents, we care for our children's wellbeing and happiness. Our children's overall health and development is our priority and we support them by doing things like: providing basic needs, supporting their schoolwork and teaching them life skills.

We also take our kids to the doctor when they are sick or when we have a concern about their physical health. Did you know that a physical issue or illness is very similar to an emotional issue? Look at how similar these are! Below you can see pictures of my daughter, Maria. On the left side, there is a picture of when she broke her leg and needed a cast. On the right side, there is a picture of when she was going through a rough time in school, was sad and stressed out.

PHYSICAL ISSUE [VISIBLE]



EMOTIONAL ISSUE [INVISIBLE]



It hurts

It takes time
to get better

Needs
professional
help

I am Junior, Maria's father. As you can see, a physical issue is very much like an emotional issue. In both situations the child is hurting and needs professional help. It might also take some time for them to feel better. As a dad, I do not like to see my kids in pain and I am sure you do not like it either. You might ask yourself: *Is there anything I can do to help my child feel better?*

WHAT TO DO IF YOUR CHILDREN DO NOT FEEL WELL:

1. Ask them how they feel and listen to them.
2. Be patient with them; remember they are in pain.
3. Reassure that you are there to support them.
4. Seek professional help to ask what else you can do for them.
5. Ask your child if he or she wants to talk to someone else, like a counselor or a doctor. If he or she says yes, these are some options:
 - Make an appointment with the pediatrician.
 - Ask their school counselor, teacher or afterschool program for resources and/or information.
 - Contact the community mental health clinic to make an appointment.

