

**Ways
to nurture
your child's
mental health**



**Just listen deeply
to their thoughts,
fears and dreams
without judgment**



**Encourage
expression
through creativity,
music and sports**



**Always praise
them for the good
things they do**



**Plan unstructured
playtime to promote
imagination &
relieve stress**



Create a consistent schedule to provide stability & a sense of security



**Lead by example;
show healthy
coping mechanisms
& habits**



**Seek support for
your child &
yourself by
consulting a
professional**



Launching a wellbeing program is now easy with WoW



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & videos



POSH training



e-pharmacy



Lab tests



Physios



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Branded comms



Monthly reports

