



CHILDREN'S MENTAL HEALTH WEEK

May 3-9, 2026

wired for belonging

Everyone can promote youth belonging!

Belonging is the feeling of being welcomed, accepted, respected, and valued within one's social environment, including family, friends, school, and community.

Belonging is important because:

- It is critical to both physical and mental health.
- It is foundational to child well-being.



3 Things **PARENTS** Can Do to Promote Youth Belonging

- 1** Accept and validate your child's feelings.
 - ▶ Don't try to change how your child feels.
- 2** Talk to your children about feelings.
 - ▶ Model this when talking about your day, include your own feelings.
- 3** Seek out ways for your child to connect with peers early and often so they learn to foster relationships on their own.
 - ▶ Get to know your child's friends. Ask about them and encourage in-person time together.



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