

Approach to Promoting Child Mental Health in Migrants

- No MH screening at initial visits
- Beware of overpathologizing or labelling too early

General Principles:

- Focus on strengths
- Normalize routines as early as possible
- Early integration into community activities and sports
- Screen parents for MH, parental mental health is a key factor in how kids will adapt

Importance of a Culturally Safe Approach

Great resources at <http://www.kidsnewtocanada.ca/mental-health/mental-health-promotion>

Other tips:

- Early promotion of engaging activities (skating, soccer, pool discounts)
- Ensure access to familiar “from home” foods and spices (comfort food)
- Child friendly environments (coloring books in waiting rooms)
- Community volunteers and local programs at schools to help with homework