

# Let's reframe the conversation on children's mental health.



Parenting is incredibly rewarding, but let's face it, it's tough too. As caregivers, you pour your heart and soul into giving your kids everything they need to succeed, including love and support for their physical and mental health.

Sometimes, though, our kids might struggle in ways that aren't immediately obvious. That's why it's important to have the tools to recognize the difference between everyday stress and more serious challenges they might be dealing with.

Learn more about how to spot signs of growing challenges in your child's mental health and find resources for additional help at [nurturinghealthyminds.education.uiowa.edu](https://nurturinghealthyminds.education.uiowa.edu).



Scan to learn more.



