



Invisible Children's Project

– Information for Parents –

How Can I be a Responsible Parent?

Responsible and caring parents make sure their children's basic needs are met. Research shows that children need healthy, regular meals and consistent bedtimes and a regular daily routine. Being a good parent is remembering your child's mental and emotional needs are also important. You can help your child develop good mental health through the use of encouraging supportive words when talking to your child.

For more information, see *What Every Child Needs for Good Mental Health*, <http://www.nmha.org/infoctr/factsheets/72.cfm>.