

it's not
like that



Family Resource Guide

HOW TO TALK TO YOUR KIDS ABOUT
THEIR MENTAL HEALTH





All Episodes

1. For resources on how divorce impacts children's mental health and how to help children cope and adjust, visit: [Helping Children Cope with Divorce and Separation - The Kids Mental Health Foundation](#)
2. For resources on what grief looks like in children and how to support their coping with grief, visit: [Helping Children Grieve a Death - The Kids Mental Health Foundation](#)
3. Children may also experience grief after change or non-death related loss. To learn how to support children experiencing grief after divorce, visit: [Supporting Children Through Loss or Change - The Kids Mental Health Foundation](#)
4. Parenting can be hard and stressful. Parents cannot support their children's mental health without taking care of themselves. For resources, visit: [Grown-Up Self-Care Resources - The Kids Mental Health Foundation](#)

Episode 1

1. We don't always know what kids are going through, their thoughts and their feelings. This is represented when Malcolm and Lori talk about how their kids are doing while at the coffee shop, but the children are having a different experience at school. To learn how to start conversations and keep kids talking, visit: [Resources for Starting Conversations - The Kids Mental Health Foundation](#)
2. This episode shows how friendships can impact children's mental health. For resources on the importance of friendship, how to help kids build friendships, identify unhealthy friendships and manage conflict, visit: [Resources for Relationships - The Kids Mental Health Foundation](#)



To learn more about the series, visit
watch.thewonderproject.com/watchinlt

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The Kids
Mental Health
Foundation

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prime video

3. Bullying and cyberbullying put children at risk for mental health concerns. To learn more about how to prevent or help children experiencing bullying, visit: [Bullying Resources - The Kids Mental Health Foundation](#)
4. If you watched this episode and are concerned for your child's mental health, check out warning signs and additional information here: [When to Worry About Your Child's Mental Health - The Kids Mental Health Foundation](#)

Episode 2

1. In this episode, Justin experiences bullying. To talk to your kids about bullying, visit: [Bullying in Kids: What Parents Need to Know and How to Help - The Kids Mental Health Foundation](#)
2. There is a powerful moment in this episode where Pen watches Justin experience bullying while Casey steps in to stop the bullying. To teach kids how to be upstanders and stand-up to bullying, visit: [10 Ways to Combat Bullying - The Kids Mental Health Foundation](#)
3. For resources on the importance of friendship, how to help kids build friendships, identify unhealthy friendships and manage conflict, visit: [Resources for Relationships - The Kids Mental Health Foundation](#)
4. The way we respond to kids when they open up is important. They will either shut down or keep talking. To learn how to keep the conversation going, visit: [Keeping the Conversation Going - The Kids Mental Health Foundation](#)
5. In this episode, we see how teens use social media, how it impacts social dynamics and its effect on mental health. To learn more about social media, mental health, and how to talk to your kids, visit: [Resources for Technology and Social Media - The Kids Mental Health Foundation](#)
6. If after watching today's episode you have questions or concerns about anxiety in children, you can learn more by visiting: [Common Anxiety Disorders in Children - The Kids Mental Health Foundation](#)

Episode 3

1. In this episode, Malcolm asks the kids to go through mom's things to decide what to donate. We see the impact on their emotions and behaviors. For resources on what grief looks like in children and how to support their coping with grief, visit: [Helping Children Grieve a Death - The Kids Mental Health Foundation](#)



2. Lori and David's kids struggle with shared homes. For resources on how divorce impacts children's mental health and how to help children cope and adjust, visit: [Helping Children Cope with Divorce and Separation - The Kids Mental Health Foundation](#)

Episode 4

1. In this episode, we see Pen navigating unhealthy friendships. To talk to your kids about healthy versus unhealthy friendships, visit: [Helping Kids Make Friends - The Kids Mental Health Foundation](#)
2. Belonging and social connections are important to mental health. Ms. Colesanti shares concerns about Justin's wellbeing with Malcolm because he's spending time alone and away from peers. To learn more about the importance of school belonging, visit: [Why School Belonging Matters - The Kids Mental Health Foundation](#)
3. We don't always know what kids are going through, their thoughts and their feelings. We see Malcolm saying, "Justin is the one I don't worry about," but we know Justin is struggling with bullying and grief. That's why having conversations with our children is important to understand their mental state. To learn how to start these conversations, visit: [Resources for Starting Conversations - The Kids Mental Health Foundation](#)
4. In this episode, Lori approaches the topic of drinking alcohol with Merritt. To learn how to talk to children and teens about substance use, visit: [Talking to Children and Teens About Substance Use - The Kids Mental Health Foundation](#)
5. Sometimes, adults' mental health can impact their parenting. We see this when Casey witnesses David relapsing with alcohol use. To learn how to talk to kids about parent mental health, visit: [How to Talk to Your Child About Your Mental Health Challenges - The Kids Mental Health Foundation](#)

Episode 5

1. In this episode, David talks to his children about his substance use and relapse. See how talk to kids about your mental health, visit: [How to Talk to Your Child About Your Mental Health Challenges - The Kids Mental Health Foundation](#)
2. This episode includes teenagers drinking at a party. If you would like to have the conversation with your children about substance use, visit: [Talking to Children and Teens About Substance Use - The Kids Mental Health Foundation](#)



3. We continue to see a difficult interaction between Pen and Casey. To talk to your kids about healthy versus unhealthy friendships, visit: [Helping Kids Make Friends - The Kids Mental Health Foundation](#)
4. Pen's behavior seems to escalate during this episode. This could be a sign of difficulties coping with her grief. To learn how children show grief, visit: [Helping Children Grieve a Death - The Kids Mental Health Foundation](#)

Episode 6

1. Volunteering and giving back to the community is a wonderful way to build mental wellness. In this episode, children come together for the lock-in at the church. To learn more about the benefits of volunteering on children, visit: [Kids and Volunteering - The Kids Mental Health Foundation](#)
2. Friendship conflict is common, but children don't always know how to deal with it. Casey and Pen start to talk through their conflict in this episode. To learn ways you can help kids when experiencing friendship conflict, visit: [Coaching Kids Through Friendship Conflict - The Kids Mental Health Foundation](#)
3. In this episode, Malcolm has to respond to Justin's prank on his teacher. Malcolm does a great job of validating Justin's feelings but not his behavior. To learn more about how to manage unwanted behaviors, visit: ["Bad" Behavior? Try Consequences - The Kids Mental Health Foundation](#)
4. If you would like to have the conversation with your children about substance use after watching this episode, visit: [Talking to Children and Teens About Substance Use - The Kids Mental Health Foundation](#)
5. Lori tells Malcolm that the kids are not OK because they (the adults) are not OK. This is a powerful reminder that parent self-care is a foundation to taking care of children's mental health. For resources, visit: [Grown-Up Self-Care Resources - The Kids Mental Health Foundation](#)
6. In this episode, we see that many of Pen's and Justin's choices and behaviors are connected to how they're struggling to cope with their grief. To learn more about how children experience grief and ways to support them, visit [Helping Children Grieve a Death - The Kids Mental Health Foundation](#)



Episode 7

1. Teens often express themselves through social media, like we see with Flora posting her song about Merritt. However, these posts are public and can have significant consequences for the child posting and their peers. To learn more about social media and children's mental health, visit: [Kids and Social Media - The Kids Mental Health Foundation](#).
2. Similarly, we see how texting and group chats can be used by teens to create drama and conflict. We also see how Pen feels "FOMO" when seeing Instagram posts that do not include her. To learn how to talk to your children about social media, visit: [Talking to Kids about Social Media - The Kids Mental Health Foundation](#)
3. In this episode, we see Merritt drinking and driving. If you would like to have the conversation with your children about substance use, visit: [Talking to Children and Teens About Substance Use - The Kids Mental Health Foundation](#)
4. Casey demonstrates how being an upstander against bullying can have positive consequences for the child being bullied. To teach your child how to respond to bullying, visit: [10 Ways to Combat Bullying - The Kids Mental Health Foundation](#)

Episode 8

1. In this episode, Flora makes the powerful statement to her dad: "Let me be sad." Sad days are normal! To learn how to validate a child's sadness while also making sure they don't become "stuck" in that emotion, visit: [Helping a Child Who Has Had a Sad Day - The Kids Mental Health Foundation](#)
2. Flora tells Merrit "It's good to feel awful." Once again, Flora reminds us that all emotions are valid. To learn how to validate emotions while teaching kids how to express them in a healthy way, visit: [Helping Kids Express Emotions Appropriately - The Kids Mental Health Foundation](#)
3. Family traditions around the holidays are an excellent way to build connections and mental wellness in kids. The beautiful traditions Malcolm continues with his kids around Christmas helps the children honor their mother, stay connected with her and promotes family closeness. To learn how to promote holiday traditions, visit: [Holiday Traditions Build Connections - The Kids Mental Health Foundation.](#)

