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## Mental Health

The changing climate has direct and indirect effects on feelings of well-being, safety, and security.

### What can I do to better protect my child?

- Inform yourself about the health effects of climate change
- Talk with your child in a positive manner about climate change
- Inquire about worries and fears related to weather and climate
- Read or provide your child with age-appropriate books about climate
- Go outdoors in nature, including nature trails and city parks
- Take steps as a family to combat climate change

Scan for  
more info

