

Amelyore Sante Mantal

Sante mantal enpòtan menm jan ak sante fizik. Pa egzanp, depresyon ka paralize menm jan ak kase yon bra oswa yon janm. Chèche tretman pou sante mantal vle di aji dèke ou remake yon pwoblèm, konsa pitit ou a oswa manm fanmi an ka jwenn èd yo bezwen an ak santi yo mye.

Sipò pou sante mantal ka jwe yon wòl enpòtan nan zafè pwoteje timoun kont efè estrès toksik. Konsèy ak lòt kalite tretman pou sante mantal yo ka itil pou timoun ki te fè fas ak difikilte nan lavi yo. Kalite sipò sa ka ede w tou si ou te viv twomatis lè w te timoun oswa nan laj adilt ou.

Si pitit ou a te viv eksperyans negatif nan anfans (ACE yo), oswa si yon moun te ekspriye enkyetid li konsènan sante mantal oswa konpòtman pitit ou a, li ta bon pou w ta konsidere chèche jwenn èd yon pwofesyonèl. Yon lòt rezon ki ta bon pou chèche èd se si sante fizik pitit ou a sanble li afekte. Kèk nan egzanp sa yo gen ladan yo si pitit ou a:

- genyen rim oswa doulè vant souvan
- gen difikilte pou li dòmi oswa pou li rete andòmi
- fè gwo rèl oswa kriye anpil
- gen yon ekspresyon "plat" ki pa sanble li montre twòp emosyon



- angwase oswa kontrarye anpil lè yo separe l ak yon moun k ap ba li swen
- rekalsitrans oswa gen kriz kòlè souvan
- manifeste konpòtman yon timoun ki pi piti, tankou li kolan oswa li twalèt sou li sanzatan
- gen sentòm opresyon, ki ka vin pi mal nan sityasyon estrès

Pataje nenpòt enkyetid ou ka genyen ak pwofesyonèl swen sante w yo. Yo kapab mete an kontak ak yon espesyalis nan domèn sante mantal ki apwopriye pou fanmi w. Yo ka refere w bay yon travayè sosyal, yon sikològ oswa yon sikiyat. Lè w pataje difikilte pitit ou a, ak pwòp enkyetid pa w, se yon premye etap enpòtan. Ou ka chèche konnen chwa mòdvi ki favorize yon pi bon sante emosyonèl yo tou. Chwa sa yo gen ladan yo: manje manje ki bon pou sante, fè egzèsis fizik regilyèman, ankouraje woutin dòmi ki bon pou sante, pratike plenn konsyans, epi gen relasyon atansyon, ki fyab ke ou ka konte sou yo. Aktivite sa yo pral favorize lespri ki sen ak kò ki ansante pou paran yo ak timoun yo tou!

SOUS

American Academy of Pediatrics. (2018). Sleep. Enfòmasyon ki soti nan <https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx>

Center on the Developing Child at Harvard University. (2012). The Science of Neglect: The Persistent Absence of Responsive Care Disrupts the Developing Brain: Working Paper No. 12. Enfòmasyon ki soti nan <http://developingchild.harvard.edu/wp-content/uploads/2012/05/The-Science-of-Neglect-The-Persistent-Absence-of-Responsive-Care-Disrupts-the-Developing-Brain.pdf>

Center on the Developing Child at Harvard University. (2014). A decade of science informing policy: The story of the National Scientific Council on the Developing Child. Enfòmasyon ki soti nan <https://developingchild.harvard.edu/resources/decade-science-informing-policy-story-national-scientific-council-developing-child>

Burke Harris, N. (2018). The deepest well: Healing the long-term effects of childhood adversity. New York, NY: Houghton Mifflin Harcourt.

Khoury, B., Sharma, M., Rush, S. E., & Fournier, C. (2015). Mindfulness-based stress reduction for healthy individuals: A meta-analysis. *J Psychosom Res*, 78(6), 519-528. doi:10.1016/j.jpsychores.2015.03.009

Office of Disease Prevention and Health Promotion. (2018). Chapter 3: Active children and adolescents.

Oh, D. L., Jerman, P., Silverio Marques, S., Koita, K., Purewal Boparai, S. K., Burke Harris, N., & Bucci, M. (2018). Systematic review of pediatric health outcomes associated with childhood adversity. *BMC Pediatr*, 18(1), 83. doi:10.1186/s12887-018-1037-7

Purewal Boparai, S. K., Au, V., Koita, K., Oh, D. L., Briner, S., Burke Harris, N., & Bucci, M. (2018). Ameliorating the biological impacts of childhood adversity: A review of intervention programs. *Child Abuse Negl*, 81, 82-105. doi:10.1016/j.chiabu.2018.04.014

The National Child Traumatic Stress Network. (2018). Early Childhood Trauma: Effects. Enfòmasyon ki soti nan <https://www.nctsn.org/what-is-child-trauma/trauma-types/early-childhood-trauma/effects>

Yousafzai, A. K., Rasheed, M. A., & Bhutta, Z. A. (2013). Annual Research Review: Improved nutrition--pathway to resilience. *J Child Psychol Psychiatry*, 54(4), 367-377. doi:10.1111/jcpp.12019

