A PAUSE, A PRACTICE, A NEXT STEP

Parenting a Child With Depression

When your child has stopped doing things they used to love.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Offer one small activity

Invite your child to do something they once liked in a smaller way. Try one song, a walk to the mailbox, or drawing beside you for two minutes. Let them stop. Later, ask what felt easiest.

01 / Notice and reflect

What change have I noticed, and when did it start?

02 / Notice and reflect

What small activity will I offer? Who will I call, and when?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: If your child talks about dying or suicide, ask directly if they are thinking about suicide and get help right away. Stay with them if it is safe. Call 911 for immediate danger, a possible overdose, or a serious injury.

Read more: American Academy of Pediatrics · Depression in children and teens

More tools and immediate support: Our Healing Room / Crisis Support.