

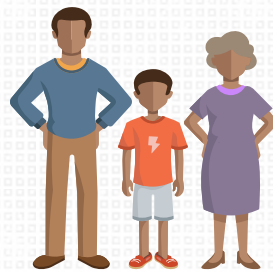
SUPPORTING YOUR CHILD'S WELLBEING



Top tips for parents & carers

1 Start a conversation

Model healthy ways of handling your emotions by talking about feelings. Encourage your child when they are struggling by asking questions like; "Is there anything you need from me?" For more ideas on starting a conversation visit Youngminds.org.uk/take20/starting-the-conversation



2 Play with your child

Take at least 10 minutes a day to play with your child, uninterrupted. Ask them what they would like to do and let them lead it. Whether its building a fort, baking, going for a walk, or making a bracelet this time is a chance to have fun and find out how they are feeling.

3 Talk about the internet

The internet is a great way to learn and connect with friends however research shows that it can impact children's self esteem. Talk to your child about your experience of the online world to help them think about their use of the internet. For more tips, visit Thinkyouknow.co.uk/parents



4 Look for warning signs

At tough times, like starting high school your child may behave differently. It is important to notice changes such as sleeping or eating habits. Speak to your child about what you have noticed and listen to them. If you don't get far at first, keep going.

5 Ask for help

If your child tells you they are struggling or you are worried that they may be experiencing a mental health problem, make sure you thank them for telling you or explain why you are worried. It is important to keep them involved in the next steps. Talk to your child's teacher and visit your GP for further support.



6 Look after yourself

Your wellbeing is important to be the best parent to your child. Talk to your friends or family and don't blame yourself when things get difficult. When possible make time to relax or do something you enjoy. To get help for yourself speak to your child's school or visit your GP.