

Top Tips for Parents

How to help your child stay emotionally healthy

Anxiety is normal we all experience it at times, it is needed to help us function, explaining this to your child can help reassure them and encourage further conversations.

Five Ways to Wellbeing– 5 ways you can help your child stay emotionally healthy by making sure they do normal things.



1. Spend time with family and friends. Enjoy doing things together.

Talk to family, friends or teachers if you have lots of worries.

2. Stay active, Exercise is good. It makes you healthy, and makes you FEEL GOOD! You need proper rest and avoid digital devices (phones, x-box, PlayStation, etc.) for at least an hour before bedtime.

3. Try something new. Try a new hobby, visit somewhere new or make a new friend.

4. Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

5. Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

Maybe parents could try some of these tips too!

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Listening to your child

Parents are very important in helping their children stay emotionally healthy.

Some tips that might help when your child is not talking to you;

1. There is no rush .Don't push your child to talk until they are ready.
'I'm ready to listen when you are feeling ready to talk. Let me know when if/when you would like to talk'
2. Use ordinary situations at home as opportunities to have a non-direct conversation to start with, like walking the dog or washing up, cooking dinner.
3. Ask general open questions – How are things going? What was your day like?
4. Use resources which might help your child express –Young minds, Health for Teens/Health for Children and encourage your child to use the 'Shelf Help' books shown below. You can google where to get these.



When your child wants to talk;

Listen – It is important to listen carefully and give your child your full attention. This may be when you are in the middle of doing something else, but it is important to acknowledge they want to talk. It might be better to arrange a time to sit down together later once you feel you will be able to do this.

We all get frustrated at times, try not to express frustration or impatience or rush in with solutions or judgments as this may stop your child sharing feelings.