

Looking after your child's wellbeing

Research indicates that taking the following steps can be important in promoting mental wellbeing:

1.

Convey personal limits and your child's ability to say 'no' when necessary. It will help them to have more balance in their life. Encourage them to reflect on things that have happened, and, as a parent have clear consistent discipline to help them to manage their lives.

2.

Point out supportive people that your child has in their life. This could be yourself, grand- parents, or other relatives/ school friends. Show affection. Signpost your child to new hobbies or activities, where they can increase their support network. In particular draw attention to people with whom there has been no discord

3.

Talking. There are times when challenging situations affect us emotionally. Encourage your child to be sociable, if only for a short while. Being in the company of others is beneficial. Use humour and have a positive attitude. It will lighten their mood.

4.

Encourage planning, so that your child feels in control. Share your planning to role model how things can be planned. But, be flexible around change. Even with the best plans, sometimes unexpected events or situations occur. Our ability to accept change and plan can help us to manage any potential feelings of stress and anxiety and cope better overall.

5.

Encourage self-compassion. Ask your child to take some time to stop and reflect on the thoughts in their head, are they more positive or critical? Once you and they have identified any negative thought, you can begin to introduce more positive thoughts and 'turn the volume down' on the critical voices. Be supportive of their education and interests. Encourage communication, and show them how to express themselves, through your talk.

