

Children's Mental Health Matters

Thank you so much for registering for our panel discussion. Educating Matters truly believe in empowering parents with resources and information that will benefit families. We know that you are your child's first and most important teacher.

For further support, you can [sign up to our newsletter](#) look at the blog on our website www.educatingmatters.co.uk/blog or follow our founder on [LinkedIn -Rachel Vecht](#).

We share other practical tools through out [Youtube shorts](#) and there are some recent ones on managing emotions

Our online course '[Positive Parenting: Raising a child to thrive](#)' that is accessible anytime, anywhere is available this week at 20% off – There is a whole module on 'Emotion Coaching' applicable to all ages.

Our team of experts can provide 1:1 consultations on any issue relating to parenting or education.

If you would like to explore the resources Nadim referred to look at his website www.happyconfident.com You can use the 15% off discount code on all products by using EDUMATTERS15 at checkout. [Watch this powerful video](#)

Here is free access to a conversation dice cube which is very popular <https://www.happyconfident.com/shop/printables/conversation-dice/> using the code EDUCUBE

As parents and carers it can often be hard to tell if your child's feeling are "normal and to be expected," or becoming a problem. This is especially true if your child has experienced a significant life event such as lockdown or a bereavement. This can add pressure to you and increasing concern about how best to navigate and manage it especially if you're navigating your own worries.

Adolescence and transitions in particular provide a rollercoaster of emotions and it is often hard to know when things will go a certain way or not for your child BUT if their mood and feelings are inhibiting their ability to navigate everyday life it is time to reach out for support.

Top Tips for Talking About Emotions and Listening

- Give your child your full attention, be curious and take it seriously. Actively listening to your child can be a powerful way to help them feel understood and validated.
- Put your own oxygen mask on first; if your child comes to you distressed and you are already dysregulated your response is likely to be bigger than it would be if you are feeling calmer. Model STOP, DROP and BREATHE to your child if you need a moment.
- Take time to reflect. Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to "read others."
- Help your child to understand what being held in mind is; explain at their level if you are working that you will hold what they have said and give them a clear indication of a time when you can talk
- Provide empathy. When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is a great way of defusing tension.

- Be aware of your own stress and how this can impact upon your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.
- Talk with your children about their upstairs and downstairs brain - how can you help them to use their thinking and logical part of their brain?
- Think about timing - Ask yourself is this the right time to talk? Choose a time when you can focus on your child and ignore distractions.
- What should I do if I am worried? Reach out to professionals. The GP, MindED for example. If your child is showing very strong feelings don't hold them yourself, speak out to a professional

Places to Find Advice and Guidance

Childline

Young Minds Parent Helpline

MindEd for Families

Grief Encounter

Child Bereavement UK

Anna Freud National Centre for Children and Families

CAMHS (Child and Adolescent Mental Health Services)

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

<https://togetherinmind.nhs.uk/>

www.thepsychologycollective.com

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/helping-your-children/>

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://www.commonsemmedia.org/lists/meditation-apps-for-kids>

[self-harm-updated-dec-2019.pdf \(youngminds.org.uk\)](#)

[Where to get urgent help for mental health - NHS \(www.nhs.uk\)](#)

[Hey Sigmund | Anxiety in Teens | Helping a Child with Anxiety](#)

Book recommendations

Raising an Emotionally Intelligent Child: The Heart of Parenting – John Gottman

The Whole Brain Child – Daniel Siegel & Tina Payne Bryson

My Hidden Chimp – Steve Peters

Lost connections or Stolen Focus - Johann Hari

First Aid for your Child's Mind – Alicia Eaton