

Top tips on:

How to support my child's emotional wellbeing

If you are feeling anxious and low, you are likely to be seeing these kinds of feelings in your child.

'When we are full up of emotions, they often spill out, even subconsciously' and even when we think we are hiding it from others, we are often not...



Here are some tips for increasing your 'happy' and 'positive' feelings that you can try with your child.

Identifying and managing the feelings

Things that you can do to start to identify and express feelings in different ways other than behaviours like getting angry and shouting and losing patience, or withdrawing are:

- **For Parents that feel like they are getting full of emotions**
 - Take a little time for yourself where you can – think about self-care – take a bath, a little walk, call a friend or a family member and talk about how you are feeling that day with others in your family.
 - Be aware that sometimes we can have negative thoughts when things are not going well. Its in these times, we must try our best to see the positives. Maybe you're thinking things like my childrens behaviour is really bad, instead of thinking this turn it into a positive – my children are really good sometimes, this is a stressful situation for my children.
- **For when children feel full of emotions (this might come out as anger):**
 - Draw out some feelings on a paper – happy, sad, scared or more that you can think of and spend time talking to your children about how they are feeling that day. For older children you can spend time talking about their interests and feelings.
 - You can make a worry jar and the children can write their feelings and emotions and put them into it. This gives you the opportunity to discuss their emotions at the end of the day.



Other ideas:

- **Try to manage difficult feelings:** Try to focus on the things you can control, including where you get information from and actions to make yourself feel better prepared.
- **It is okay to acknowledge some things that are outside of your control right now** but constant repetitive thoughts about the situation which lead you to feel anxious or overwhelmed and are not helpful.





Improve mood

Do something you like together, for example look at old photos with your children, read a book together, or listen to some music you both like.



Increase energy levels

A simple workout like a run, or a jog round the living room or the garden, or star jumps. For more ideas you can access free easy ten minute workouts online.



Get Better sleep

Have naps and rest when needed, set wake up and sleep times, and 10 minute relax sessions before bed



Boost feeling good about yourself

Set yourself small tasks to carry out during the day, cook something, learn something new, get homework for school done with your child or play a game (and if you don't do it.. it's okay, try again tomorrow)

Help to relax your mind

- **Manage your media and information intake.** If constant negative media is affecting you, try to limit the time you spend watching, reading, or listening to media coverage of the outbreak.
- **Get the facts.** Find a credible source you can trust such as GOV.UK, or the NHS website, and fact check information that you get from newsfeeds, social media or from other people.

Another useful link: The anxious child

www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf

For more information on our interactive sessions or groups please contact the early help hub on 0300 555 2866 opt 1