

SUPPORTING CHILDREN'S WELLBEING



TOP TIPS FOR PARENTS

As parents and carers, you play an important role in teaching children and young people how to understand and manage their feelings as they grow up.

I'm worried about my child

If their life is in immediate danger, call 999. If not, [follow the advice for getting urgent help](#).

What can I do at home?

- **Find time to talk, just the two of you** – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.
- **Play together** – Play helps them to be curious, learn new things, solve problems and express feelings without words.
- **Be a role model** – Show how you cope with difficult feelings and look after yourself.

Where can I get more information?

Child mental health and wellbeing

If you are concerned about your child's Mental Health, please do **speak to your GP**.

Alternatively, you can contact the Child and Adolescent Mental Health Service (**CAMHS**) **0161 518 5400** or e.mail: cmm-tr.salford-CAMHS@nhs.net

- [NHS](#)
- [Young Minds](#)
- [MindEd](#)
- [Place2Be's blog](#).

Big changes

- Bereavement and grief - [Child Bereavement UK](#), [Once Upon a Smile](#) or [Winston's Wish](#).
- Divorce and separation - [Young Minds](#).
- Getting ready to start school - [Place2Be](#).
- Adolescence and growing up - [The Mix](#).
- Exam stress - [Place2Be](#).



Conditions and challenges

- Eating disorders - [Beat](#).
- Addiction and drugs - [FRANK](#).
- Abuse - [NSPCC](#) (National Society for the Prevention of Cruelty to Children).

Difference and diversity

- Special needs and disabilities - [Scope](#).
- Autism - [National Autistic Society](#).
- LGBTQ+ - [Strong Family Alliance](#).
- Race and ethnicity - [BAATN](#) (The Black, African and Asian Therapy Network).
- Gender identity - [Gendered Intelligence](#).

Please note this is not an exhaustive list, and we are unable to signpost to every organisation. Please refer to the [NHS](#) or [BBC Action Line](#) for a more comprehensive directory.

Does my child or young person need mental health support?

It's normal to feel angry, sad, worried or stressed sometimes.

However, your child might need extra support if they struggle to cope with those feelings.

Look out for:

- sudden changes in behaviour
- negative thoughts and low self-esteem
- arguing and fighting
- sleep problems
- avoiding school or staying with you all the time
- aches and pains.

Remember – everyone is different, and these signs might not be related to a mental health problem.

Children and young people can be affected by significant changes like:

- death or illness in the family
- parents separating
- moving school or moving house
- tests and exams

- adolescence and puberty
- relationship and friendship problems.

Try talking to them first. If you're worried, [follow this advice on how to get help.](#)

10 MENTAL HEALTH TIPS FOR PARENTS

The infographic features a central illustration of a family: a mother in a teal dress, a father in a purple shirt, a young boy in an orange shirt, and a young girl in a yellow shirt. Ten tips are arranged around this central image, each with a line pointing to a specific tip. The tips are:

1. Listen to what your child has to say. Be patient and understanding with them. (Icon: speech bubble)
2. Encourage communication and talking openly. Support your child in talking about their feelings. (Icon: two people talking)
3. Support your child in problem solving when they experience worries. Help them to find solutions. (Icon: open book)
4. Engage in some coping skills with your child (i.e. relaxation or deep breathing). (Icon: brain)
5. Encourage your child to interact with friends and family and to connect with others. (Icon: person with friends)
6. Make sure your child knows that you will be there for them. (Icon: parent holding child)
7. Don't struggle in silence. If you need extra help go to your doctor or a mental health charity. (Icon: people playing soccer)
8. Regularly praise, support and encourage your child. Show them love and affection. (Icon: person with arms raised)
9. Make sure your child is taking after their... (Icon: person walking)
10. Help your child to... (Icon: person walking)