

# WITH ME MIND

ISSUE 5

## Parent's Newsletter

It's fair to say 2020 was not exactly easy, and many of us are feeling uncertain or anxious about the future. As we start 2021 it is important that as parents you know how you can support your child with their mental wellbeing.

Knowing what steps we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us.

### General tips for parents

- Promote age appropriate independence (see activity section)
- Support children to increase their sense of control but be aware they still need support to learn new skills
- Be aware of how you communicate your own anxiety - children are very alert to parents reactions.
- Ask open questions to work out what your child is worried about such as: why are you worried & what do you think might be happen?
- Show you understand how your child feels and accept what they worry about
- Mindful breathing exercises
- Encourage participation in feared things/new things gradually.

### Top Tips younger children

- Praise and reward brave behaviour and 'having a go'
- Maintain a routine - this increases predictability
- Setting aside time to talk about worry and using a physical way of getting rid of them (e.g. worry monsters, worry box)
- Exercise (burn off excess energy).

### Top Tips older children

- Show your child that you understand their worry and are interested in their point of view about it
- Ask your child what they might want to have a go at or work towards
- Encouraging your child to take the lead when planning new activities by letting them invite friends and family to take part in chosen activities.
- Discuss with your child what will motivate them to have a go at things they fear.



If you are worried about your child and they would like some further support then they can chat with our team through the FREE eClinics app.



Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



For further information visit:  
<http://www.withmeinmind.co.uk>

Follow us on:



Where to get further help and advice

NHS:<https://bit.ly/3m4vdBo>

With Me In Mind website: <http://www.withmeinmind.co.uk/videos/YoungMindsFreeParentsHelpline> for detailed advice, emotional support and signposting about a child or young person up to the age of 25: Call 0808 802 5544 or visit <https://bit.ly/3hnHJbO>

## Activity to support independence

Encourage the completion of every day, age appropriate activities. This will allow your child to build their confidence and ability to try new things. Sometimes we find ourselves completing tasks or activities for our children which they could do for themselves.

Here are a few examples you could encourage your child to try:

- ✓ Tidying their bedroom
- ✓ Setting an alarm and waking themselves up
- ✓ Prepare their own breakfast or cook something
- ✓ Look up information on the internet e.g. recipes, books, homework resources to benefit the family or themselves.
- ✓ Setting the table, feeding pets, water the plants
- ✓ Take the rubbish out
- ✓ Buy something from the shop for the family
- ✓ Plan a family trip.

We can demonstrate how to complete certain tasks whilst encouraging our children to have a go themselves. This could help young people to cope better and more independently when problems in everyday life arise.

## Helping your child with fears and worries

Written by two of the UK's foremost experts on childhood anxiety, this extremely useful guide will enable you to understand what is causing your child's worries and to carry out step-by-step practical strategies to help him or her to overcome them, including:

- Addressing specific fears and phobias as well as general anxiety and 'worrying'
- Using case studies, worksheets and charts



## Helpful videos

Visit our website for some helpful videos [www.withmeinmind.co.uk/videos/](http://www.withmeinmind.co.uk/videos/)

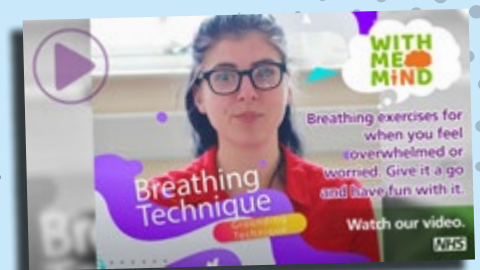
### Stress bucket

Daily pressures can build up throughout the day leaving our stress buckets overflowing, watching this video with your child can help them to explore what things cause them stress and worry and what they can do to empty their stress buckets!



### Breathing techniques

Sometimes when we feel overwhelmed or worried we struggle to control our breathing. This video will help your child to stay calm and manage those difficult times.



## Important dates



Time to Talk Day

4 February