



Resources for Parents

Mental & Emotional Maintenance



The South London, Maudsley, and Great Ormond Street hospitals, alongside other mental health professionals, have put together this wonderful and free set of resources to support and understand children's emotional wellbeing.

So far they have done 37 short films and many accompanying fact sheets covering Anxiety, ADHD, Autism, Conduct Disorder/ODD, Depression, OCD and PTS.

They can be found on their website: <https://nipinthebud.org/>

Future topics coming soon which will include Self-Harm, Eating Disorders, Adoption & Fostering and Dyslexia.

Parent Support pages from:

Anna Freud Centre

YoungMinds

Place2Be



Anna Freud
National Centre for
Children and Families

YOUNGMiNDS



Things to look out for regarding children's mental and emotional health:

- Sudden changes in behaviour
- Negative thoughts and low self-esteem
- Arguing and fighting
- Sleep difficulties
- Avoiding school/over-attachment to parents
- Aches and pains

Points to remember:

- Children won't always tell you how they feel, but they will show you.
- They are resilient, but also more sensitive/intuitive. They mostly learn from example, rather than information.
- Celebrate child's strengths and differences: acknowledging these in challenging times, improves motivation and emotional wellbeing
- Have open conversations about feelings: by modelling how to share feelings, your child will be more likely to proactively ask for help.

- Collaborate with your child to come up with their own personal solutions: this gives them agency but also feels supportive.
- Let them experience their feelings fully: it's important to acknowledge that everyone has feelings and that's okay. Try not to rush to minimising, or rescuing.
- Make yourself available to listen: children often open up when they're relaxed, so try not to pressure them. You may want to create rituals where you have regular opportunities to share and connect.

Be in touch.

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