



# Supporting Families

## CHILDREN'S MENTAL HEALTH

All children experience a range of emotions, and times of feeling angry, sad or worried are totally normal. However, just like adults, children can experience periods of mental ill-health. Here are some indicators that your child may need additional support:

Significant changes in behaviour.

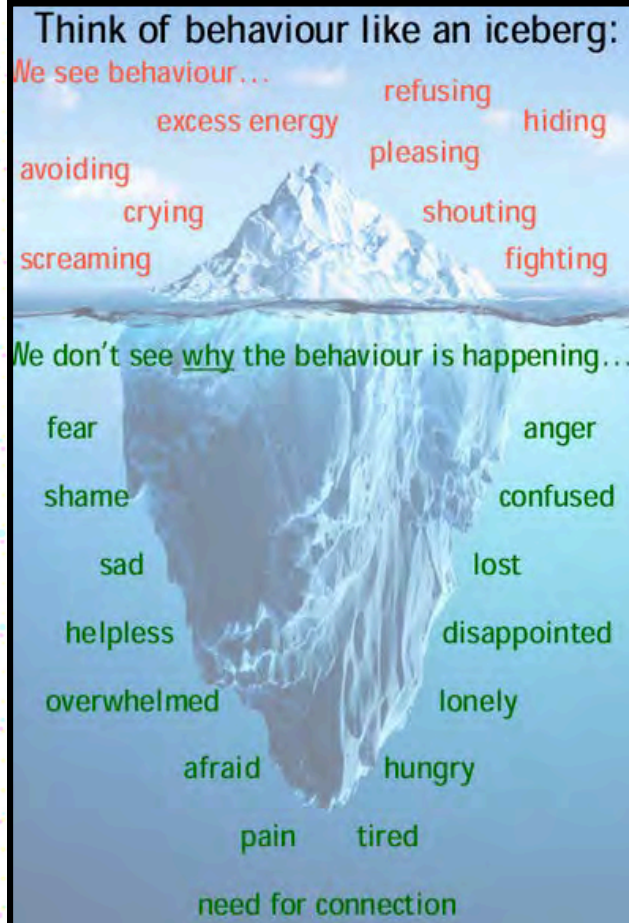
Ongoing sleep difficulties

Withdrawal from social situations

Lack of interest in activities they usually enjoy.

Self-harming behaviours.

You know your child really well, so trust yourself if you feel like their behaviour has changed. Consider if you are seeing the behaviour only in certain situations or at certain times (e.g. at school, on P.E days). Also consider if anything has happened in your child's life recently that may be impacting them more than you realise (e.g. a bereavement, a change in routine, moving home etc.)



# HOW CAN WE TALK TO CHILDREN ABOUT MENTAL HEALTH?



Talking to your child about mental health can feel difficult. Here are some tips from the NSPCC on having those challenging conversations.

Talk about what helps - they might have some coping strategies that they have discovered for themselves.



Make time to talk when you can give your child your full attention and not feel rushed.



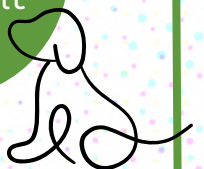
If talking feels too difficult, your child might like to draw you a picture first.



Mirror the words that your child uses when talking about their feelings so that they feel heard and understood.



Having a loved pet or toy to hug or something to fiddle with can help children feel safer during difficult conversations.



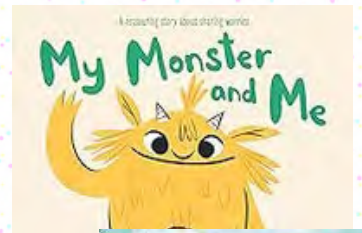
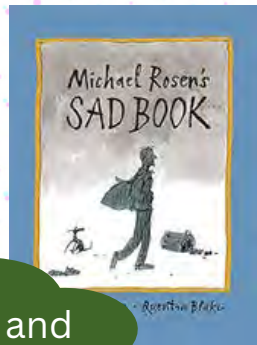
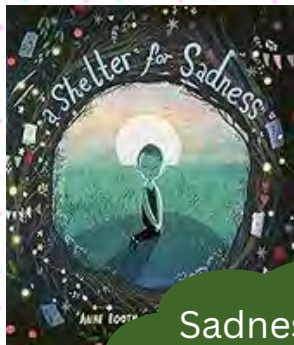
Focus on helping your child to regulate before talking if they are experiencing strong emotions. Do they need to take some deep breaths or have a drink first?



Don't minimise your child's experiences or feelings. Things that can seem small to us can feel huge to them.

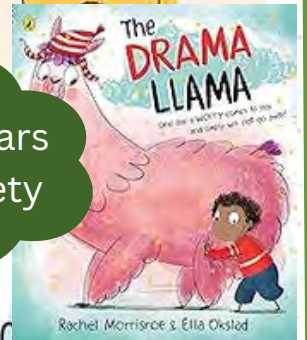
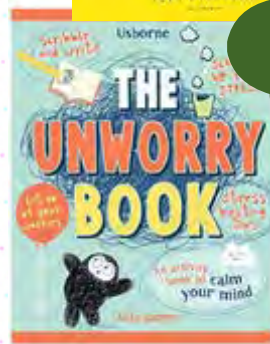


# Book Recommendations



Sadness and Depression

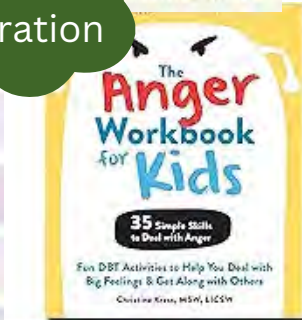
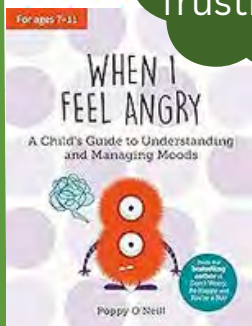
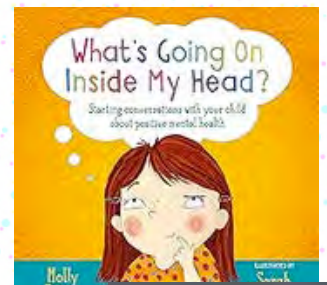
Worry, fears and anxiety



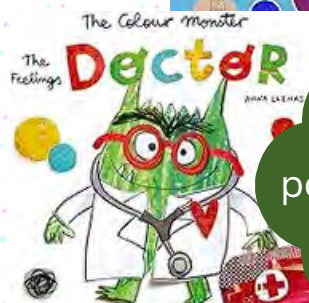
DON'T WORRY, BE HAPPY



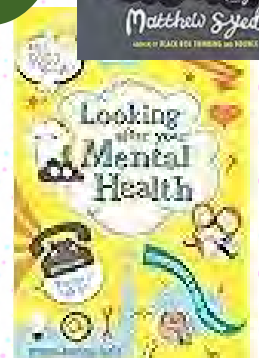
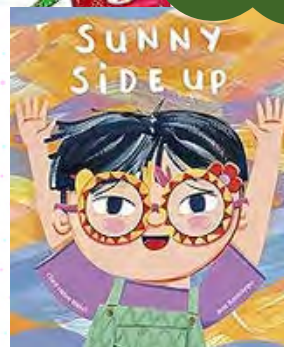
Anger and frustration



Therapist Recommended



Promoting positive mental health



Many of these books are available to borrow from school, just email us at [safeguardingteam@abbeyschool.co.uk](mailto:safeguardingteam@abbeyschool.co.uk)

If you need support with your child's mental health, then talking to your GP is a good first step. They will be able to refer you for appropriate support.

CAMHS - Child and Adolescent Mental Health Services



Where can I get support for my child's mental health?



NSPCC



You can search for private counsellors and therapists using Counselling Directory - just make sure you select 'Children and Young People'.

## Support in School

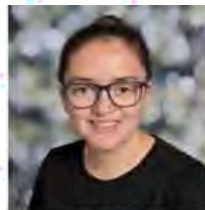
If your child is struggling with their mental health, then their class teacher or key worker is your first point of contact. You can also contact the pastoral/safeguarding team for support and advice.



DSL & Pastoral Lead  
Miss Anna Payne



Deputy DSL & Pastoral Team  
Miss Bryony Dorrans



Deputy DSL & Pastoral Team  
Miss Sophie Hunt



SENDCo & Pastoral Team  
Mrs Sophie Temple

[safeguardingteam@abbeyschool.co.uk](mailto:safeguardingteam@abbeyschool.co.uk)

[sophietemple@abbeyschool.co.uk](mailto:sophietemple@abbeyschool.co.uk)

# 10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



**01**  
Encourage your child to openly talk about their feelings and thoughts



**02**  
When your child is worrying help them to effectively problem solve



**03**  
Support them to connect and build positive relationships with others



**04**  
Encourage them to look after their physical health (Sleep, food, exercise)



**05**  
Help them to stay focused on the present moment using mindfulness



**06**  
Highlight the importance of looking after both physical and mental health



**07**  
Be a mental health role model. Demonstrate positive behaviours



**08**  
Praise, encourage, motivate and regular support your child to build their self esteem



**09**  
Work together to learn some coping skills such as deep breathing



**10**  
As your child grows up encourage and support autonomy

@BELIEVEPHQ



Click below for more information

