



My Voice Matters

Empowering

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - “My Voice Matters”.



Always keep in mind that emotions are often the driving force behind behaviors. A child or teen isn't going to say, "Excuse me, I'm struggling with my feelings right now." They might act out, though. It means the same thing.

Pathway
2 SUCCESS



Take time to talk...

If children can match their emotions to words and express them clearly to adults and children alike they will be more likely to resolve their problems through discussion.

Some helpful conversation starters..

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

Play!

Play is a great tool for children learning to express themselves and make sense of the world. When taking part in role play activities, children can see themselves from a different perspective. They may imitate their daily personal experiences, such as going to school, having breakfast or going shopping. Some events may have caused concern to some children, and this allows them to consider their emotions.

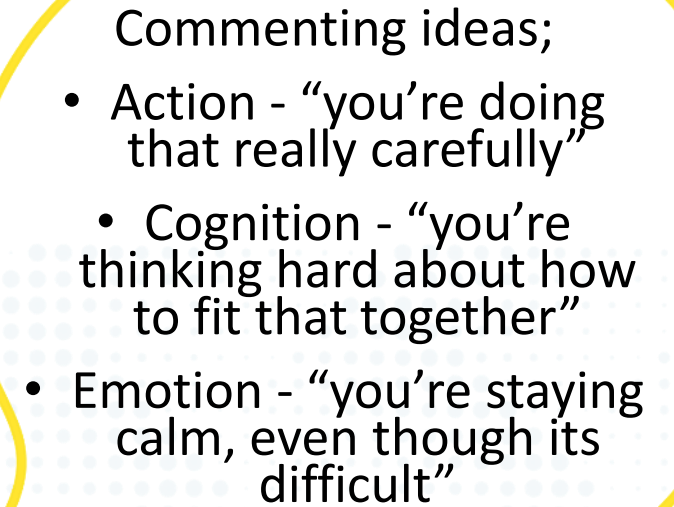


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Tips for playing..

- Allow your child to choose the activity
- Use descriptive comments without asking questions.
- Follow the child's lead and do not impose their own expectations.
- Show amazement, empathy and interest.
- Avoid criticising and competing with your child, play should be fun and free flowing.

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- Commenting ideas;
 - Action - "you're doing that really carefully"
 - Cognition - "you're thinking hard about how to fit that together"
 - Emotion - "you're staying calm, even though its difficult"

Your role..

Build in a regular one to one time for you and your child to talk daily.

You don't need to fix everything; a listening ear is all it takes.

My feeling and thoughts are valid, try not to compare them to other's and their experiences.

Be patient, some children don't like to talk, a simple hug can be all they need.

6 Simple Ways To Help Kids Manage Emotions



LISTEN

Ask about their feelings and help them feel heard



CO-REGULATE

Practice calming strategies right alongside them



GIVE SPACE

Allow time and space for them to get back on track



DISTRACT

Talk about favorite hobbies to give mental separation for a few minutes



DRAW or WRITE

Draw or write to express feelings, thoughts, and needs



PROBLEM-SOLVE

Come up with solutions for the challenge together

TAKE CARE



OF YOURSELF

Your voice matters to..


- Parenting can be difficult; it is important to take care of your own wellbeing when possible and be kind to yourself when things haven't gone so smoothly. Ways you can do this are;
- Letting friends and family know you are struggling and need some support.
- Seek support from your GP if the stress gets to much.
- Implement some self care, even just 5 minutes before bed for yoga, short meditation, journaling or just a cup of tea!
- Try some breathing exercises during the stressful moments to refocus and keep calm.

Parent smart

Raising a resilient child

2 min video
6 min read


Read now



Building listening skills for parents

2 min video
6 min read


Read now



My child doesn't want to go to school

7 min read


Read now



I'm going through a break up and want to support my child

7 min read


Read now



Healthy habits for parenting

2 min video
6 min read


Read now



How can I support my child after a traumatic event?

5 min read

Read now



De-escalation techniques with children

2 min video
10 min read

Read now



The importance of limits and consequences for children

2 min video
5 min read


Read now



How to ignore irritating behaviours effectively

2 min video
5 min read

Read now



<https://parentingsmart.place2be.org.uk/>

