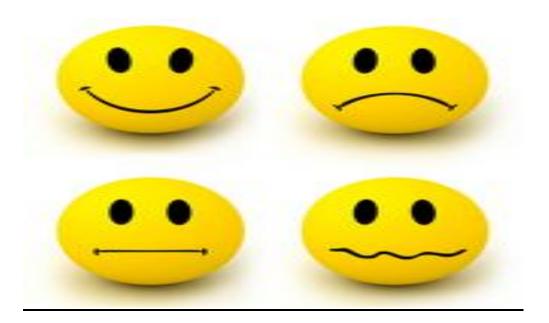


EMOTIONAL WELLBEING



If you think your child is unhappy or you are worried about their behaviour it is easy to be hard on yourself.

- Worrying or difficult behaviour is often short lived, so give it some time.
- All children go through stages of feeling anxious or angry and they can show this in lots of ways.
- Your child may have tantrums, sleep difficulties, cry easily or fight with friends or siblings.

There are many reasons why children may struggle emotionally:

- They might be adapting to changes in the family
- They might be adapting to changes at school
- They might be trying out new emotions

Most of the time children work through and grow out of worrying behaviour but they may need your support to help them do so







WHAT CAN YOU DO TO HELP?

- <u>Talk and listen to your child:</u> Even young children can understand feelings and behaviour if given the space.
- Take it gently giving them examples of what you mean.
- eg "I can see you were upset, what do you think made you so cross?"
- or "When you can't get to sleep is anything worrying you?"
- Drawing can often be a better way for some children to express their feelings
- Ask your child what they think will help-they often have good ideas about solving their own problems.
- Establish a good routine. This helps children feel secure.
- **Set aside time each day to do something fun-** giving 100% of your attention even a 5 minute cuddle on the sofa will feel good
- **Be a good role model.** Your child will copy your behaviour. Talk openly about feelings and emotions.
- **Encourage independence**-giving them their own responsibilities in the home.
- **Get support for you:** If you can, talk to someone who also knows your child, a partner, friend, adult family member, school teacher about your worries when your child is not around.
- Work together using the same approach to support your child
- If you have any further concerns about your child's emotional wellbeing health please see your GP to discuss a referral to Emotional Wellbeing services available to you

Useful websites

https://youngminds.org.uk--https://www.place2be.org.uk----www.real-talk.org.uk





