

## 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?**

- **Talk and listen to your child:** 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](http://www.real-talk.org.uk)



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