



Mental Health and Emotional Wellbeing

Top Tips for Parents and Carers



Top Tips for parents and carers

This information was gathered in consultation with almost 450 children and young people from Edinburgh. We asked them what they hoped their parents and carers would do to help them develop good mental health and emotional wellbeing. Here's what they said:

Do stuff that makes you happy. If you are less stressed, everyone is less stressed.

Don't blame yourself, sometimes we are just having a bad day!

Spend more time really listening and talking with us. Take our distress seriously when we open up about our worries.

Don't force the issue if we don't want to talk immediately. Make time and space for us to tell you in our own way.

Love us, care for us, feed us and make sure we get a good night sleep so we aren't like zombies the next day.

Share your own experiences with us and be open about your mistakes or struggles in the past.

Listen to our opinion and allow us to be involved in making family decisions.

Say sorry or give us a hug after we have a row or fall out.

Have expectations that are realistic and don't put too much pressure on us. There are many paths to success.

Take an interest in our lives, friends and hobbies outside of school.

Ask about school and help us with our homework.

Learn more about mental health, websites and services so you are comfortable talking about these issues.

Accept us for who we are and encourage our dreams and choices, not just yours.

Do more fun things together as a family.

Remember we are still learning and working out who we are. We will make mistakes and when we do, please be calm and patient with us.

If you want to start a conversation with your child here are a few ideas of where to start.

- ❖ What are you most looking forward to in the next few weeks?
- ❖ How are you feeling about... ..?
- ❖ What helps you feel calm?
- ❖ What do you love about ...?
- ❖ Is there anything that you are worried about?

If you would like more advice about parenting or mental health support for children and young people here are some websites that can help.

Parentline Scotland will listen to you with kindness, give you time to think things through and support you. You can call on: 08000 28 22 33 or if it's easier, text: 07860 022844 (standard network charges apply) and they will call you back. They are open 7 days a week: Mon-Fri 9am-9pm, Sat-Sun 9am-12noon. www.children1st.org.uk/help-for-families/parentline-scotland/

Young Minds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25. The charity also has information for parents and carers about mental health. www.youngminds.org

See Me is a charity that focuses on reducing the stigma and discrimination around mental health and offers advice to parents and carers who are concerned about their child.

www.seemescotland.org

The Mental Health Foundation offer a range of support from looking after your own mental health to supporting someone else. They can also help you find further support and advice on how to seek help. www.mentalhealth.org.uk

The City of Edinburgh Council also offers a number of courses that support parents and carers. These include: Peep Learning Together Programme, Raising Children with Confidence, Raising Teens with Confidence, Incredible Years, Triple P and Teen Triple P. For more information see:

www.joininedinburgh.org



HAPPY TO TRANSLATE

ترجمہ کے لئے حاضر ہر سعیدنا توفیر الترجمة 很乐意翻译
MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব

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