



Children's Mental Health Week 2016

8-14 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

This week (8-14 February 2016), it's Children's Mental Health Week.

Run by school-based children's mental health charity Place2Be, this year's theme is 'building resilience'

Life often throws challenges our way. It could be the death of a close family member or friend, a serious illness, the loss of a job or the breakdown of a relationship.

'Resilience' means our ability to cope with these events. Through our experiences, we develop new knowledge and perhaps new coping skills. At Place2Be we call this 'bouncing forward'. As parents and carers, you play a vital role in helping to prepare your children for the difficult times that life brings.



Every child and family's circumstances are different, but here are four simple tips that we hope you may find helpful to build your child's resilience:

- Let them know it is perfectly normal to feel upset or angry sometimes. As a parent, you can **be an emotional role model** for your children by showing them how to behave when you're frustrated or upset – although we know this isn't always easy!
- Make time for fun and **"down time"** with your children to help keep some balance. This is also a great opportunity to enjoy some time listening and playing with your child.
- Allow your child to **learn from their own mistakes** with support. Giving them age-appropriate freedoms will help them learn their own limits, and show you trust them to make appropriate decisions.
- **Get advice and support** – if you're worried that something has changed with your child, talk to your GP or someone at your child's school. There is also great advice available for parents online, for instance on MindEd (www.minded.org.uk).

Visit www.ChildrensMentalHealthWeek.org.uk for advice and ideas for getting involved