

## TIPS FOR PARENTS AND CARERS

Dear parents and carers,

**7 - 13 February is Children's Mental Health Week.** The week is run by the charity Place2Be, and focuses on the importance of promoting good mental health and wellbeing for children and young people.

### WHAT'S IT ALL ABOUT?

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development.

As parents or carers, you are an important role model for your child. Your child does not need you to be perfect - in fact seeing you make some mistakes can be really useful! What is important is that you are able to show them that you – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most.

### WHAT CAN YOU DO?

Here are a few simple ways you can support your child's emotional growth.

#### 1. Talk about when your child was younger

Most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. For example, how you enjoyed teaching them to learn to ride a bike, or swim. Or how proud you were when they took part in a school assembly – even though they were nervous.

If you are an adoptive parent, foster or kinship carer, you will still have lots of memories to share from when you first came together as a family.

#### 2. Notice when your child has developed and grown

You may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.

