



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 ہمسعدنا توفير الترجمة 很乐意翻译

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব

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