

How to start a conversation with your **child** about their **mental health**



Top Tip
START NOW!
swipe here



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AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Pick a place

This can be an **informal** setting - whether that is:



Sitting at the dinner table



In the car driving home from school



Tucking them into bed at night.

Or even during a creative activity.



Wherever your child feels **comfortable** enough to
open up to you!

★ Top Tip

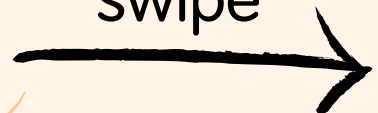
Make sure there are **NO SCREENS** on, as this will cause distraction and reduce the potential for quality conversation!

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Use open questions

“What did you enjoy most about your day today?” and

“What did you not enjoy about your day today?”



★ Top Tip

When children start sharing their feelings, a parent can validate and understand them by repeating what they said to show you are listening, and empathise with them by saying things like "That would make me feel sad too. It's ok to feel sad sometimes." Let them know you are there for them and that this is a safe place to share!

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Don't fix it!

When your child discloses a problem to you don't try to fix it for them. Instead, work with them to help them come up with a **solution.**



This will **empower**



★ **Top Tip**

Say things like "Let's figure this out together! What do you think you could do to make that subject more enjoyable to study?"

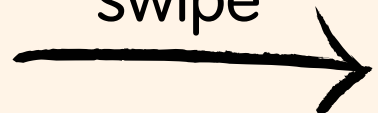
your child and teaches them to know they have the ability to solve their own problems!

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BE A ROLE MODEL!

If you are experiencing low mood and your child picks up on it and asks you, 'What is wrong?' don't reply with 'Nothing.' This teaches your child to ignore their feelings and not open up about them. Instead, be honest and say things like

“I'm feeling a little sad today. We all feel sad at times.”

★ Top Tip

Invite your child to take part in your solution so that not only do they learn it's ok to talk about their feelings, but they also learn tools in how to cope with them. For example, "Let's go for a walk!" and afterwards, say, "The fresh air and exercise really lifted my mood, cleared my head and allowed me to feel better!"



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