

Choose health

Know what affects your child.
What makes them grumpy, hyper, disconnected...



- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

Work together



- Share ideas about how to:**
- create action plans
 - have a problem-solving approach
 - enjoy achievements
 - be forward-looking
 - show them that we can all get things wrong

Be wise

As they discover new things, try to:



- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

Be calm

Try to stay calm whilst your child is feeling distressed.
Your child may show:



- highs and lows
- melodrama
- anger
- blame
- self-centredness

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely



Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things be outside



Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



Ten Ways for parents to help children cope with change

YM Parents
Helpline

0808 802 5544

youngminds.org.uk
Mon-Fri 9.30am-4pm

ASDA foundation
Transforming Communities, Improving Lives

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stepping up, moving up, growing up