



## It's also important to look after yourself!

You will have more to give your child if you can take care of yourself. Try to get some time for yourself.

If you are unhappy, find someone to talk to. Depression can cut you off from your children.

Using alcohol or other drugs changes your mood and behaviour – and can upset your child. There are lots of organisations that can help you if you have a problem.

## For more information...

**Frank** 0300 123 6600

[www.talktofrank.com](http://www.talktofrank.com)

*Everything you might want to know about drugs (and some stuff you don't!). Friendly, confidential advice.*



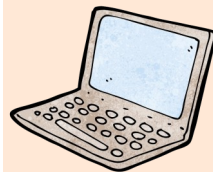
**Drinkline** 0300 123 1110 [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

*Help and advice to help you tackle alcohol related problems.*

**Young Minds** 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

*Supporting parents to help children during difficult times.*



**Family Lives** 0808 800 2222 [www.familylives.org.uk](http://www.familylives.org.uk)

*Local, national and online parenting support and advice.*

**Winstons Wish** 08088 020 021

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

*Help for anyone supporting a bereaved child or young person.*



# Draft

Tips for parents and carers of 3-11 year olds

# Getting support to help your child to be happy

Every family goes through problems and changes which can't be helped – but you can help your child understand and deal with their feelings.

Many children go through difficult times as part of growing up and may have periods of unhappiness that you can help them to get through.

Sometimes you might need help to support them.



## Things which might make children unhappy or worried:

- **What's happening at school** (bullying, friendships or learning problems)
- **Changes at home** (new partners, family break up, new baby, death of a relative, illness, moving house)
- **Family arguments** (between parents or with brothers and sisters)

## Notice if there are signs of unhappiness

### Do they seem

- unwilling to go to school?
- constantly anxious, nervous or agitated?
- unable to sleep a lot of the time?
- withdrawn and very quiet?
- clingy or frightened?

### Are they

- losing or putting on a lot of weight?
- spending most of their time alone?
- stealing or telling lies?
- often arguing or getting very angry?
- reluctant to do anything other than be "on screen"?
- acting young for their age?

### Have they

- stopped communicating?
- changed their behaviour?



## When should you get help?



It is usual for children to be unhappy sometimes but if you're really worried about them you should talk to someone.

Lots of children need help at some point – it is normal.

Most problems can be sorted out and it's important to deal with them early on so they don't have long term impact on your child's life.

If you're not sure – check it out. You're not on your own!



## Where to get help

There are various people you might get help from:

- **Trusted adult friends, other parents and family members.** Talking to other people can often help. Sometimes friendships and attention from other adults can provide additional support for a child.
- **Health professionals.** You could go to your GP
- **School staff.** You might talk to your child's class teacher or TA or someone else you



## Remember

Children...

- can't always tell you what they feel
- get frightened by things they don't understand
- blame themselves for things happening around them



## How you can help:

- Try to understand what is going on
- Help them talk about their feelings
- Spend time with them
- Give them extra hugs, affection and praise
- Reassure them and help them feel safe
- Have fun and do special things with them (see leaflet – helping your child to be happy)



**One in ten young people aged 5-16 have been diagnosed with a mental health disorder at some point**

know at the school. Find out how they are at school and work together to try and figure out what the problem is and what might help.

- **Your local library** may have useful information
- **Internet and websites.** A list of websites is provided on the back page of this leaflet. Most of these organisations offer FREE information and support.