

Choose health

Know what affects your child, what makes them gummy, 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
- meltdrama
- 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.

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

Have fun

Provide lots of light relief:

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

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

Find Your Feet
stepping up, moving up, growing up