

## Looking after your child's Mental Health

If you think your child is unhappy or if you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good job. The following tips are for any parent who is worried about their child, or their own parenting skills.

### You and Your Child

- Make sure they know you love them and are proud of them.
- Be honest about your feelings – you don't have to be perfect
- Be clear about what is and isn't acceptable – and tell them why.
- Own your own role – you are the parent, so don't be afraid to take tough decisions

### Helping Your Child

- Worrying or difficult behaviour might be short-lived, so give it some time.
- Talk to your child
- Let them know you are concerned about them, and are there if they need you.
- Ask your child what they think would help
- For more information seek professional help from your GP, a counsellor and Child and Adolescent Mental Health Services

### Looking After Yourself

- If your child is having problems, don't be too hard on yourself or blame yourself.
- Talk to someone you trust and see what they think.
- Friends and family can often help – don't be afraid to ask them to have your child for a bit if you need some time out to sort out your own stuff.
- Take some time for yourself
- Talk to your GP or a counsellor

For further information please contact Action Mental Health MensSana at 02838 392314 or e-mail Heather at [hrobinson@amh.org.uk](mailto:hrobinson@amh.org.uk)

