

# Top Tips for Parents 3



## How to stay emotionally healthy and help support your child's emotional wellbeing

You are key in supporting your child's emotional health and wellbeing, but parenting is not an easy job.

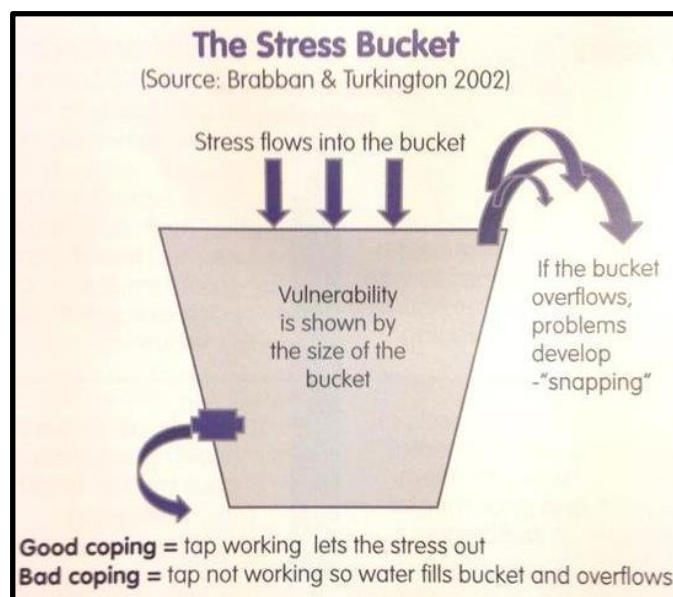
1. Try to recognise when **you** are getting anxious as this may increase your child's anxiety. It is normal to feel anxious at times and the **5 Ways to Wellbeing** is useful tool to help this and applies to parents and carers as well as children.



### Don't underestimate the value of...

Connect...	Be active...	Take notice...	Keep learning...	Give...
Belonging Love Relationships Family Friends Connected to the environment	Physical wellness Exercise Healthy eating Good sleep sleep hygiene	Mindfulness Interrupting autopilot Being outside	Goals and personal achievement Rewards, having fun and relaxation	Nurturing, pets, plants, gardening Helping others Giving to charity

2. The Stress bucket may be helpful to you in thinking about your own emotional wellbeing.



3. If you need further support in relation to your emotional wellbeing, **The Wellbeing Service** [www.hpft.nhs.uk/wellbeing-service](http://www.hpft.nhs.uk/wellbeing-service) offers self referral for emotional wellbeing support in relation to low mood and anxiety, including one to one support and on line support. You can self refer online.
4. The best approach is to help your child manage the anxiety rather than to avoid situations as this will teach life skills and build resilience.
5. Small Steps bring success, taking very small steps in managing difficult situations gradually is very helpful in reducing anxiety.
6. The Four Ps Praise, Praise, Praise and Patience  
Praise for trying even if the result is not immediate. You could say “It’s ok to have setbacks; we all do, and tomorrow is a fresh start”
7. Please see a range of books below which can help you support your child with their anxiety.

