

South Nottinghamshire Academic Resilience Project: Parent & Carer Resource Pack

Who and what is this booklet for?

Mental health, just like physical health, is something we all have, and looking after it is important to make sure we keep ourselves and our loved ones happy and healthy. This booklet has been put together to help parents & carers in Nottinghamshire find support and information on how to support your own and your child's emotional and mental health and wellbeing. In this booklet you will find tips and suggestions for you and your child, as well as links to useful webpages and details of local and national services that may be of help.

Who put this booklet together?

This booklet has been put together by Nottinghamshire County Council and leading children and young people's mental health charity YoungMinds www.youngminds.org.uk. Your child's school has also included information they feel may be relevant to you.

Please note: Whilst every effort has been made to include information from credible quality assured organisations, YoungMinds cannot accept responsibility for those organisations.

Why is my child's school sharing it with me?

Your child's school is one of 15 schools in Nottinghamshire taking part in the YoungMinds Academic Resilience Project. The project, funded by Nottinghamshire County Council and led by children and young people's mental health charity YoungMinds (www.youngminds.org.uk) is all about trying to help schools support and promote positive mental health and resilience in the whole school community.

What can I find in this booklet?

The booklet is divided into sections to help you find information quickly and easily. The sections contain handy tips and links to useful webpages, as well as details of national and local services you may like to know more about. The sections are:

- 1. Wellbeing & resilience**
- 2. Bullying**
- 3. Mental health problems**
- 4. Wellbeing support for parents**
- 5. Working well with schools & other professional agencies**

1. Wellbeing & resilience

Helping our children to build positive mental health and emotional wellbeing is as important as making sure they eat healthy food, take regular exercise and get enough sleep. A young person will develop and is more likely to reach their potential when they feel supported and are able to feel confident about themselves, learn from their mistakes, cope with uncertainty change or difficulty and bounce back from stressful events, disappointments and challenges. We call this resilience.

This table below shows a number of things that have been found to support resilience in children and young people. For example, having fun, having a healthy diet and exercising.

Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Help child/YP understand their place in the world		Being brave	
Enough money to live	Tap into good influences	Engage mentors for children/YP	Solving problems	Support the child/YP to understand other people's feelings
Being safe	Keep relationships going			
	The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
Access & transport	Take what you can from relationships where there is some hope		Fostering their interests	
Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calming down & self-soothing	Help the child/YP take responsibility for her/himself
	Responsibilities & obligations			
Exercise and fresh air	Focus on good times and places	Highlight achievements	Remember tomorrow is another day	Foster their talents
Enough sleep	Make sense of where child/YP has come from			
Play & leisure	Predict a good experience of someone or something new	Develop life skills	Lean on others when necessary	There are tried and tested treatments for specific problems, use them
Being free from prejudice and discrimination	Make friends and mix with other children/YPs		Have a laugh	

For more information on the above Resilience Framework, visit <https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/>

Change, challenge and uncertainty are a natural part of life and children and young people cope much better with these things when they have at least one trusted adult (the more the better!) who they can rely on. Positive relationships at home, in school and in the community really help to boost and promote resilience!

Having a healthy and happy relationship with your child is one way you can promote their resilience. The below is taken from www.youngminds.org.uk/find-help/for-parents/parents-survival-guide/

Tips for supporting the relationship between you and your child

- Make sure they know you love them and are proud of them. Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well, and encourage them to try new things.
- Encourage trust. This helps them accept that they don't need to feel guilty or ashamed about their problems. It is very important that a child feels that someone is on their side, and that they won't be judged negatively.
- Keep talking to your child. Keep reminding them of your support. Have an open door approach, even if your child is negative or unresponsive. If, and when, they need extra support, it will be easier if the foundations for open communication are there.
- Be honest about your feelings - you don't have to be perfect. We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened. They will learn from you that it's OK to make mistakes and that it doesn't make you a bad person.
- Be clear about what is and isn't acceptable - and tell them why. Children need to know what is OK and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.
- Own your own role - you are the parent, so don't be afraid to take tough decisions. If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.
- Focus on positives. Hang on to successes. This helps in your whole approach to your child, and their difficulties. Acknowledge the good things.

Tips on how to have conversations about mental health & wellbeing with your child

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you both enjoy, you'll create a relaxed space to start that conversation. YoungMinds have put together a resource called the **#Take20 Parents' Hub**, which provides fun activity ideas, conversation starters, tips, advice and resources to make talking easier.

Access the #Take20 Parents' Hub here: www.youngminds.org.uk/take20/

Questions I wish my parents had asked me

YOUNGMINDS

#Take
20

Who are the people you feel safe with?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

If you could change anything in your life what would it be?

What difficulties are you facing now?

What can I do to help?

I can tell that you really like *insert video game/app/tv show/fossil collection*, what about it do you love so much?

Where is a place you feel safe?

Do you have any worries about starting a new school?

What are you most looking forward to this week?

It's okay to keep stuff private, but did you want to tell me more about *insert subject*?

How are you coping since your dad died?

What are you worried about when you lie in bed and can't sleep?

What are you most dreading this week?

How do you feel about things changing?

Is there a lot of picking on people at your school?

Is there anyone who is upsetting you?

How do you feel about growing up? What's exciting, what's scary?

What to do next if your child tells you they're struggling:

1. Thank them for sharing and acknowledge how they're feeling
2. Ask them how they would like you to help and explain any next steps
3. Visit youngminds.org.uk/parents for our help and advice including our Survival Guide
4. If you're really worried about your child, call our Parents Helpline on 0800 802 5544
5. Talk to your GP as they are the route in to mental health support services (you can go with or without your child.)

#Take20

How to support your child's wellbeing within the digital world

We are all spending more and more time online which can then mean we spend less time being physically active, sleeping, spending quality time with friends and family, eating healthily etc which will all impact on our emotional health. As a result it is really important we achieve a healthy balance and support our children to do that as well.

Parentzone (www.parentzone.org.uk/digital-detox-parent-guide) provide some helpful advice on how to talk to your children about their online media use, and what advice you can give them, such as:

- ✓ Encourage them to reflect on their own use of technology – as well as comment on yours (because that's only fair!) Discuss the amount of time they spend online and the effects frequent use of technology can have on them.
- ✓ Do they have trouble sleeping after looking at their screens? Using smartphones before going to bed can delay your sleep by at least an hour. Lack of sleep can lead to health problems, make people moody or mean they're less able to concentrate, both at school and while doing outside activities.
- ✓ Constant social media use can affect relationships with friends and family. 40% of people in one study said they felt ignored by a friend or relative whose attention was entirely on their smartphone. Ask them how they would feel if someone did it to them?
- ✓ Do they put off important tasks because they are watching YouTube or looking at Snapchat?
- ✓ Many young people suffer from FOMO – fear of missing out – if they aren't constantly connected to social media. Ask them what they think will actually happen if they aren't online – and encourage them to think of things they may be missing out on in the real world.

Vodafone also have some digital parenting support available online at: www.vodafone.com/content/digital-parenting.html/#

Building self esteem

Feeling good about ourselves is really important for promoting resilience and positive mental health. Building self-esteem can be supported with following these six steps taken from the YoungMinds website:

Step 1: Understand why you focus on negatives

Step 2: Challenge the negative feelings

Step 3: Focus on the positive

Step 4: Find good people

Step 5: Get Active

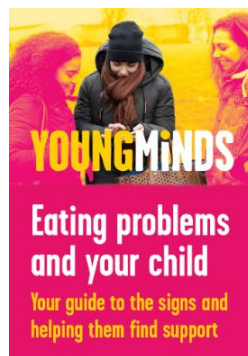
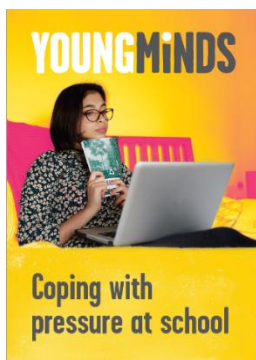
Step 6: Set yourself some goals

A further sixteen tips can be found here: www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/

If your child is struggling with a specific issue:

Sometimes it can be hard to know what to say that might help so information you can share with your children on topics such as sleep problems, eating problems, death and loss, anger etc can be found here: www.youngminds.org.uk/find-help/feelings-and-symptoms/

This includes downloadable leaflet guides like these ones below:



Support and guidance on ways to support your children and organisations that can support you can be found here: www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-a-z

Topics covered are:

- Abuse
- Anger
- Supporting mental health of babies and infants under 5
- Counselling
- Divorce
- Domestic abuse
- Drugs
- Exam time
- Legal support
- School anxiety
- School refusal

Some further tips on how you can help (www.youngminds.org.uk/find-help/for-parents/parents-survival-guide/):

- Worrying or difficult behaviour might be short-lived, so give it some time. All children go through stages of feeling anxious or angry and they can show this in lots of ways, for example, tantrums, crying, sleeping problems or fighting with friends or siblings.

They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour on their own or with family support.

- Talk to your child: Even young children can understand about feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean, for example, 'When you said you hated Molly, you looked really angry. What was making you so cross?', or 'When you can't get to sleep, is there anything in your mind making you worried?'
- With older children, they might not want to talk at first. Let them know you are concerned about them, and are there if they need you. Sending an email or a text can work better if this is the way your child likes to communicate.
- Ask your child what they think would help - they often have good ideas about solving their own problems.
- If you can, talk to your child's other parent about your worries, when the child is not around. They might have a different take on what's going on. Try and sort out how to deal with the behaviour together so you are using the same approach, and can back each other up. Children are quick to spot if parents disagree, and can try and use this to get their own way.
- More advice on when to think about getting professional help, and what to do, if you are concerned about your child's behaviour can be found here www.youngminds.org.uk/for_parents/worried_about_your_child/behaviour_problems

“ Validating their feelings, whether they’re 5 or 15, is really important. Acknowledge what they’re feeling is real for them...even if you don’t share it.”

Other online sources of support:

Kooth

For those aged 11-25 years Kooth provides online support in the form of email, instant chat, forums alongside resources. Kooth is staffed by fully trained and qualified counsellors and available Monday to Friday from 12 noon until 10 each night, and weekends from 6pm to 10pm, 365 days a year. www.kooth.com



Health for Teens

Website consisting of information and support on a range of topics such as relationships, growing up, sexual health, emotional health, smoking etc. It has a local page for Nottinghamshire linking young people to local services. www.healthforteens.co.uk



ChatHealth

Young people aged 11-19 can receive confidential advice via text message on a wide range of issues such as bullying, emotional health, sexual health as well as illnesses. Texts will be responded to by the Healthy Family Team within one working day. Service available Monday to Friday 9.00 am – 4.30 pm excluding bank holidays. The number is 07507 329952.



Nottinghamshire Help Yourself

This site is a partnership between health, the voluntary sector and Nottinghamshire County Council to bring information and advice on a range of topics together in one central place.

www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page

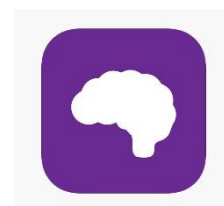
Youth Wellbeing Directory

The youth wellbeing directory provides a list of free local and national organisations for any one up to 25 years. www.annafreud.org/children-young-people/youth-wellbeing

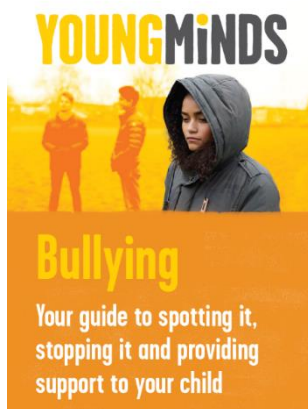


Healthy Minds App

Problem solving app aimed to support students with stresses and dealing with emotions.



2. Bullying



To download this guide on how to support your child with bullying visit: www.youngminds.org.uk/shop/bullying/c-23/p-182/

In this booklet, you'll find information on why people bully, the effects it can have and what you can do to support your child whether they're being bullied or becoming a bully themselves.

Further information on bullying can be found here: www.youngminds.org.uk/find-help/feelings-and-symptoms/bullying/

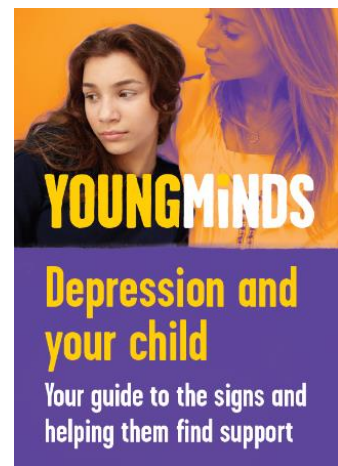
For support you can share with your children around peer pressure, cyberbullying, sharing and privacy online and more visit www.youngminds.org.uk/find-help/looking-after-yourself/online-pressures/

Tips, advice, guides and resources to help keep your child safe online can be found here: www.saferinternet.org.uk/advice-centre/parents-and-carers

3. Mental health problems

For more information and support about the range of conditions including what they are, symptoms, what to do to support your child, treatment etc visit www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-a-z/ Topics covered here are:

- Depression
- Anxiety
- ADHD
- Eating problems
- Self-harm



Further topics are covered here: www.youngminds.org.uk/find-help/conditions.

These are:

- Anorexia
- Bulimia
- Bipolar Disorder
- Mania
- OCD
- PTSD
- Psychosis
- Schizophrenia

For information on the Mental Capacity Act 2005 visit: www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-mental-capacity-act-2005/

Sources of support:

CAMHS

To find out more about CAMHS in Nottinghamshire or to make a referral visit www.nottinghamshirehealthcare.nhs.uk/camhs

For information about Child and Adolescent Mental Health Services (CAMHS) and other support services visit: www.youngminds.org.uk/find-help/your-guide-to-support/



Harmless

They are a national voluntary organisation for people who self harm, their friends, families and professionals. They are based in Nottingham and deliver monthly drop in sessions providing support and information about self harm and offer one to one therapy sessions. www.harmless.org.uk



Doc Ready

Prepares young people for their first visit to a GP about their mental health www.docready.org



4. Wellbeing support for parents

Looking after ourselves is a very important step in then being able to effectively support our children. Stress busting relaxation tips and ways to relax can be found here: www.youngminds.org.uk/find-help/looking-after-yourself/take-time-out/

Tips for looking after yourself (www.youngminds.org.uk/find-help/for-parents/parents-survival-guide/):

- If your child is having problems, don't be too hard on yourself or blame yourself. Although it can be upsetting and worrying if your child is having a bad time, and it makes your relationship with them feel more stressful, you are not a bad parent. Children often take it out on those closest to them, so you might be feeling the effect of their very powerful emotions.
- If you had a difficult time growing up yourself, or have had emotional problems or mental health problems, it can be very worrying to think that the same thing might

happen to your child. But the love and care you show them and the fact that you are trying to help will protect against this. Getting help for them and perhaps for yourself too can give them the best chance of feeling better.

- If things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think. Many people go on struggling with very difficult situations because they feel they should be able to cope, and don't deserve any help.
- 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. You can repay them when things get better for you!
- It's easy to say take some time for yourself but in reality this may not feel possible. You might be too busy, exhausted or hard up for exercise or hobbies. But even a night in with a friend, a DVD box set or your favourite dinner can help.
- Go to your GP if things are really getting on top of you. Asking for some support from your doctor or a referral to a counselling service is a sign of strength. You can't help your child if you are not being supported yourself. Some people worry their parenting will be judged and their children will be taken away if they admit they are struggling to cope. This should only happen if a child is being abused or neglected and the role of professionals is to support you to look after your child as well as you can.

Sources of support:

Samaritans

Free support helpline. It's open 24 hours, 365 days of the year.
Tel: 116 123



YoungMinds

Parents Lounge: Once a month, experts from our Parents Helpline answer your questions on a chosen topic live on Facebook. Joined by mental health professionals or experts in the field, they share their top tips, advice and next steps you can take. Previous topics have included responding to teen behaviour, self harm, anger etc.

Upcoming dates for Autumn 2018 & topics are:

- Oct 3rd (live at 1pm) on school refusal
- Oct 17th (live at 12.30) on bereavement
- Nov 21st (live at 1.30) suicidal ideation

Find out more here: www.youngminds.org.uk/find-help/for-parents/parents-lounge/

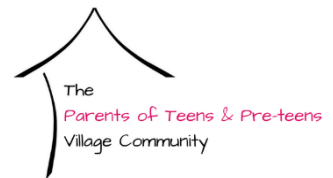


Parents helpline: 0808 802 5544. Our Parents Helpline is available to offer advice to anyone worried about a child or young person under 25. You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit. Our trained advisers are here to give you help and advice, whatever the question. Call us for free Mon-Fri from 9.30am to 4pm.

The Parents of Teens & Pre-teens Village Community

This 'village' is for parents to be part of a supportive, uplifting community of parents who all recognise that parenting children through the adolescent years is challenging for most. They deliver workshops and have a facebook support group.

www.parentingtakesavillage.com



MindEd

Support and advice on a range of topics including bullying, sexual orientation, medication, mindfulness, risky behaviour, death etc including a large range of free online training sessions.

www.mindedforfamilies.org.uk/young-people



Headspace App

Mini 10 minute meditation and mindfulness sessions.

www.headspace.com



5. Working well with schools & professional agencies

Although it can feel difficult when your child is struggling, there are people who can help. If you are worried about any aspect of your child's behaviour or wellbeing at school, or if they are not going in to school, it may be useful to talk to their teacher or other trusted professional as soon as possible. When parents and teachers work together to put the right support in place it is much more beneficial for the child. Here are some ways you can work with your child's school:

- A home-school book can be a good way of keeping communication going so that everyone is informed of what is happening in the other setting

- If you are unhappy with the way a member of staff is responding to your concerns, escalate to a more senior person; after that, write to the school governors; lastly the LEA or Academy Trust.
- If bullying is a concern, the school will have an anti-bullying policy in place, which should be on its website but if not, ask to see a copy

Within Nottinghamshire if the school is concerned about your child's mental health they may ask for your consent and your child's to organise a meeting with a primary mental health worker (PMHW) from the Child & Adolescent Mental Health Service (CAMHS). This is so that they can discuss with you what may be the best service to support you and your child.

For further support on working positively with schools visit:

www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-working-with-your-childs-school/

Other people you can talk to if worried about your child's mental health is your GP or your local Healthy Families Team. Here are some other local agencies the school and yourselves might work with to support your child's health and wellbeing are:

The Healthy Family Teams (previously health visitors and school nurses)

Provide integrated health service support to children, young people and families from the age of 0-19 years

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

CAMHS

Professionals in CAMHS work together with children and young people to try to overcome their difficulties through evidence-based treatments (treatment that has been researched and found to be helpful).

www.nottinghamshirehealthcare.nhs.uk/camhs

The Early Help Unit

The Early Help Unit provides a central contact point for professionals and families wanting to access early help services in Nottinghamshire.

www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=c8jgiR4VJI4