

Practical Tips

- Find time to talk and check in while you're doing things together.
- Practice talking about feelings – acknowledging different emotions
- Be a role model when dealing with difficult feelings by looking after yourself
- Access support should you or your child need it
- Promote positivity and mindfulness

Support Available

Family Life – support on any aspect of parenting and family life. Free phone 0808 800 2222

Samaritans (free) - 116 123 | jo@samaritans.org | samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393
| info@mind.org.uk | mind.org.uk

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

Empowering Parents – parenting advice and coaching
<https://www.empoweringparents.com/>

Your GP

Further Reading

The 7 habits of Highly Effective Teenagers – Sean Covey

The 7 Habits of Highly Effective Kids – Sean Covey