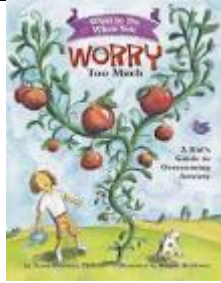




## Wellbeing and Mental Health Toolkit for Parents

Identified Need	Resource	
<b>General Tools</b>	<a href="https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/">https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/</a>	<b>NHS Take 5</b> resource gives us a helpful overview of the steps needed to promote positive mental wellbeing.
	<a href="https://www.thefantasticfredexperience.com/">https://www.thefantasticfredexperience.com/</a>	<b>NHS Fantastic Fred</b> teaches children to consider Food, Rest, Exercise and Devise
	<a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/</a>	Help and advice from the <b>NSPCC</b> for parents of children who are experiencing mental health difficulties
	<a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a>	<b>Young Minds</b> have information, resources and a helpline for parents: 0808 802 5544
	<a href="https://mindedforfamilies.org.uk/young-people">https://mindedforfamilies.org.uk/young-people</a>	<b>MindEd</b> have excellent information, advice and contacts for all areas of children’s mental health
	<a href="https://www.annafreud.org/resources/family-wellbeing/">https://www.annafreud.org/resources/family-wellbeing/</a>	The <b>Anna Freud Centre</b> offers a range of resources that include free podcasts to help parents/carers manage child and family mental health issues.
	<a href="https://kentresiliencehub.org.uk/">https://kentresiliencehub.org.uk/</a>	The <b>Kent Resilience Hub</b> is aimed at parents of children aged between 10 and 16. A place where you can increase your understanding and find tools and approaches to help build your child’s resilience.
	<a href="https://parents.actionforchildren.org.uk/mental-health-wellbeing/">https://parents.actionforchildren.org.uk/mental-health-wellbeing/</a>	An excellent suite of resources on a range of topics from <b>Action for Children</b> , with guides for parents on how to support their children.

## Managing feelings



What to Do When You Worry Too Much (A child's guide to overcoming anxiety) by Dawn Huebner is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

A really helpful article from the **Child Mind Institute** on how adults can manage an anxious child.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-disorders-in-children>

Advice from the **NHS** about anxiety in children and where to get help and support.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/#Howtohelpyourchildoryoungpersonmanagetheiranxiety>

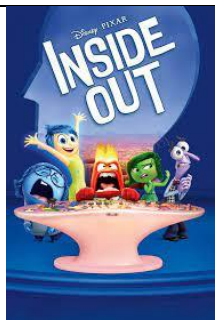
Advice from **Young Minds** on talking to your child about their anxiety.

<https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-angry/zmg97nb>

A helpful video from the **BBC** about anger aimed at young children (EYFS and KS1) – at the bottom of the page you will see further videos for the full spectrum of emotions.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/>

Advice from the **NHS** about anger in children and where to get help and support.



This Pixar film is an excellent resource for helping children understand that their feelings have to work in harmony and that each feeling has a purpose. A great talking point for the whole family.