

An illustration of a man and a woman with worried expressions. The man on the left has his hand to his forehead, and the woman on the right has her hands clasped near her mouth. Red question marks are floating above them. The text 'Everyone Worries Parent Session' is centered over the illustration.

Everyone Worries Parent Session



HMT

HEALTHY MINDS TEAM

What are Worries?

Worry is a feeling and it's important to recognise that it is a feeling that everyone has at some time in their lives.

Worry can manifest in many ways, sometimes this is helpful when you are in danger or threats are real.

At other times it can be worries about things that have not happened or you may not know why you feel afraid.



Recognising Emotions

<https://vimeo.com/455584268> - recognising emotions

Recognising Emotions - <https://youtu.be/79TpKhrtodE>



The image shows a video player interface. In the top left corner, there is a logo for HMT (Healthy Minds Team) featuring a colorful brain icon with the text 'HMT HEALTHY MINDS TEAM'. In the top right corner, an orange banner contains the text 'RETURNING TO SCHOOL - SUPPORTING POSITIVE MENTAL HEALTH'. The main title of the video is 'Recognising Our Emotions', displayed in a large, bold, black font. The video player controls at the bottom include a play button, a volume icon, a progress bar showing '0:07 / 9:21', and icons for full screen, settings, and other video controls. The background of the video frame features abstract, flowing shapes in shades of pink, blue, yellow, and brown.

Everyone Worries Video Resource

Primary School Worry - <https://youtu.be/20PCfBCI9AI>

<https://vimeo.com/502262824> - primary worry



Parent's Worries

- Whilst it is understandable that parents and carers may be worried sometimes it is important that you take care of how you are feeling if you are feeling anxious or stressed
- If you are feeling anxious or stressed and behaving this way around your children this will be affecting them as well
- As a parent it is always best to remain calm and reassure children that you can manage this situation with them



Top Tips – Self Care

Find creative ways to support self care

It is important we look after ourselves, at stressful times we need care for ourselves as parents. We will struggle to support others if we neglect ourselves.

Children learn from parents, so show them through your behaviour how to respond positively at difficult times.

Praise yourself, be kind to yourself and invest in your well being too.

Top Tips – Listening

Put time aside to talk to your child, be curious about their worries and concerns

They could be worried about exams, grandparents or missing their friends. Be open and honest, you know your child best. Talk about what you can do together to build solutions. If they are worried about COVID, teach them age appropriate & safe practices so they feel confident in keeping themselves safe.



Top Tips – Emotional Coaching

1. Be Aware
2. Connect with your child
3. Listen and tune-in to your child
4. Name your child's feelings out loud
5. Set limits and build solutions





Daily Routines



www.englishgrammarhere.com

Top Tips - Routines

Maintain a Routine

We all need structure and routine in our life, this is especially important for children and young people. Planning the day ahead and/or having a routine provides familiarity at times of uncertainty and reassurance for children. As an adult, get up and get dressed for the day ahead and add structure even if you are at home.

Top Tips – Positivity

Use Positive Language & Appropriate Praise

[The Incredible Years School-Age Parenting Program - Bing video](#)

Use positive words to request actions and behaviours with your children, please put your clothes away vs don't make a mess. Remain calm, shouting only upset you and them. Balance between effective discipline, warmth, respect and praise which leads to social competence and becoming responsible.

Notice when a child is doing something well, the child will feel valued and more likely to do this again.

One Hundred Ways to Praise a Child

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

Hey, I love you! * Way to go * You're special * Outstanding * Excellent
You are fun * You're a real trooper * You're on target * Outstanding
performance * Great * Looking good * You brighten my day ☺ Good
Well done ♥ Remarkable * Super * I knew you could do it * Nice work
What an imagination * I'm proud of you 🎵 Super star * Fantastic
You're on top of it * You're catching on * Now you've got it * How smart
Good job * You are the clever one * You are just delightful *
That's incredible * Remarkable job * You're Beautiful ♥ You're a winner
You make me happy * Dynamite * Hip, Hip Hooray * You're important
Magnificent * Beautiful * Super job 🎵 You're the best ☺ You're on your way
How nice * You're Spectacular * You are a Darling * Beautiful work
Good for you • Nothing can stop you now * You're fantastic * Wow
You're a legend ♥ Great Discovery * You've discovered the secret
Fantastic job • You're a champion * Awesome * You're precious
Marvellous * You are responsible * Terrific * You are exciting *
You're growing up * You tried hard ♥ Neat * You figured it out 🎵🎵
You're unique * What a good listener * You're a treasure * Super work
You mean a lot to me * You're a good friend * You deserve a big hug
You are an absolute gem * You're incredible ♥ I like you ♥ Now you're flying
I respect you * You're sensational 🎵 Phenomenal * Hooray for you * You care
Creative job * You belong * You made my day * You are nice to be with
You mean the world to me * You're important * You've got a friend
You're a joy * You make me laugh • You're A-OK * You're my buddy
I trust you ☺ You're perfect * Bravo * You're wonderful ☺
A big kiss ♥ Exceptional performance 🎵 That's correct * Hey, I love you!

PS Remember a HUG is worth 1000 words! ♥

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

Top Tips – Relaxation

Relaxation & Breathing Techniques

Taking time to relax can be a useful tool for adults and children at stressful times. Relaxation & Deep Breathing techniques help reduce toxic stress, calm the mind and increase oxygen to the body, creating an overall feeling of wellness.

Top Tips – Relaxation



Relaxation techniques

Anna Freud
National Centre for
Children and Families

MORE VIDEOS

Hi everyone! Today we're talking about relaxation. Now, there may

0:03 / 1:04

YouTube

The image shows a YouTube video player interface. At the top left, there is a green circular icon with a white knot-like symbol and the text 'Relaxation techniques'. At the top right, there is an orange knot-like logo and the text 'Anna Freud National Centre for Children and Families'. A 'Copy link' icon is also present. The main video area shows a woman with long brown hair speaking. Below the video, there is a 'MORE VIDEOS' button and a subtitle bar with the text 'Hi everyone! Today we're talking about relaxation. Now, there may'. At the bottom, there is a progress bar showing '0:03 / 1:04', a volume icon, and standard YouTube controls including a play button, a settings gear, and a full-screen icon.

Top Tips – Family Time



FAMILY
TIME!

Family Harmony & Fun Activities

The family is important for many reasons, peaceful and loving homes protect children in many ways. Loving families improve children's emotional wellbeing & mental health, they feel safe, loved and cared for.

Think about how you talk, listen and engage with each other. Couple arguments and discord impacts negatively on children so be mindful when communicating with your spouse too. Plan whole family activities!

Resources for Parents

<https://www.barnardos.org.uk/support-hub/back-to-school>

<https://mindedforfamilies.org.uk/>

<https://www.annafreud.org/parents-and-carers/>

<https://padlet.com/joannecomerford/yfgynw4bu28wxl>

[36](#)

Resources for Parents

<https://www.southtynesidelifecyclementalhealth.nhs.uk/>

<https://www.autism.org.uk/advice-and-guidance/topics/coronavirus/education-and-schools/guidance/a-guide-for-parents>

www.kooth.com

<https://www.recoverycollegeonline.co.uk/>

Healthy Minds Team Video Resources

Recognising Emotions - <https://youtu.be/79TpKhrtodE>

Primary Worry - <https://youtu.be/20PCfBCI9AI>

Secondary Worry - <https://youtu.be/C2gOTTYBS8c>

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<https://vimeo.com/455726031> - secondary worry