

## Choose health

Know what affects your child,  
what makes them grumpy, hyper, disconnected...



- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

## Be calm

Try to stay calm whilst your child is feeling distressed.  
Your child may show:



- highs and lows
- melodrama
- anger
- blame
- self-centredness

## Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



## Work together

Share ideas about how to:



- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

## Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing,  
hugging, sympathising, smiling, reassuring,  
checking, sharing, suggesting, encouraging,  
respecting

## Move on up

Be flexible:

- Respond to what your child is doing right now, even if they seem to be acting far more immaturely than usual
- Be aware that your child may be having mood swings and may need a lot more comfort than usual
- Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.



## Be wise

As they discover new things, try to:



- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

## Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



## Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside



## Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



# Ten Ways for parents to help children cope with change

**YM** Parents  
Helpline

0808 802 5544

youngminds.org.uk  
Mon-Fri 9.30am-4pm