



Mental Health

How can we support?

Dr Pooky Knightsmith
@PookyH



We are the experts in our children



Overview

Change: the most important warning sign

1

PookyKnightsmith.com | youtube.com/pookyh | [@PookyH](https://twitter.com/PookyH)

The little things ARE the big things

2

PookyKnightsmith.com | youtube.com/pookyh | [@PookyH](https://twitter.com/PookyH)

Invite them to invite you in

3

PookyKnightsmith.com | youtube.com/pookyh | [@PookyH](https://twitter.com/PookyH)

Care out loud

4

PookyKnightsmith.com | youtube.com/pookyh | [@PookyH](https://twitter.com/PookyH)

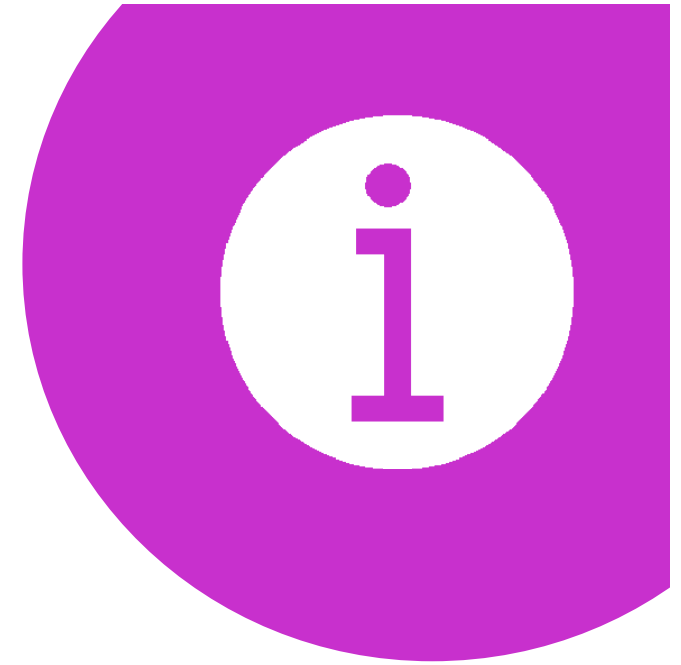
You won't always be first choice (and that's okay)

5

PookyKnightsmith.com | youtube.com/pookyh | [@PookyH](https://twitter.com/PookyH)

Change: the most important warning sign

1



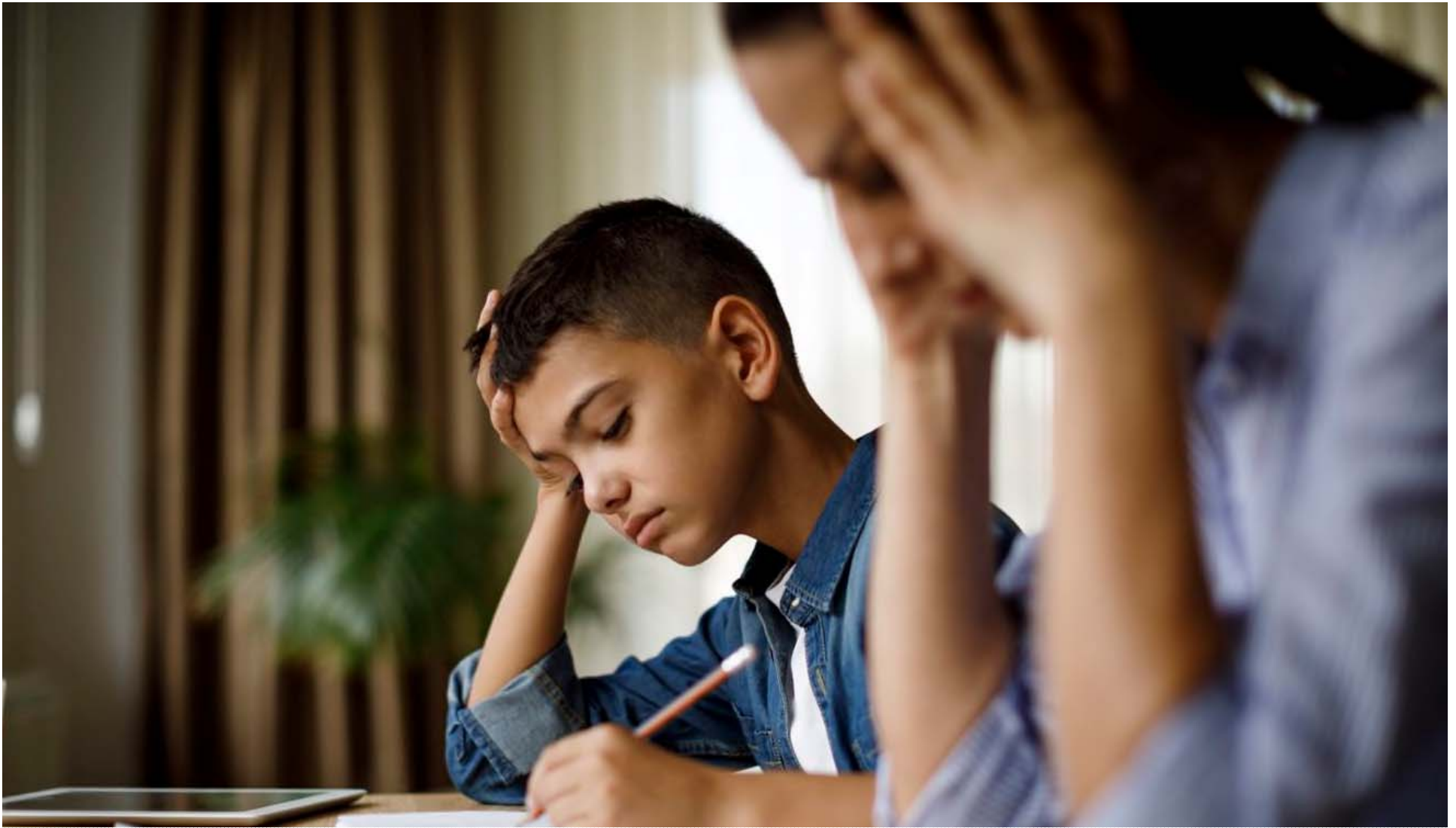
- Eating
- Sleeping
- Participation in activities they enjoyed

Change: the most important warning sign



What signs could you look out for?

Change: the most important warning sign



No truth is worse than the one we imagine

The little things
ARE the big
things

2



- Listen to understand
- Listen to the small stuff, the big stuff follows
- Find regular times to listen

The little things ARE the big things



When could you regularly make
time to 'hear' your child?

The little things ARE the big things



You don't have to fix me, just hear me...

Invite them to
invite you in

3



- You get them, you hear them
- Can provide a way in
- Ask open questions
- Be open minded

Invite them to invite you in



Does your child have an interest that they could teach you about?

Invite them to invite you in



It feels good being the teacher when it's a topic you love

Care out loud

4



- Don't assume
- Compliments: Sincere & Specific
- No response ≠ not heard

Care out loud



How could you care out loud in a way
that would be acceptable to your
child?

Care out loud

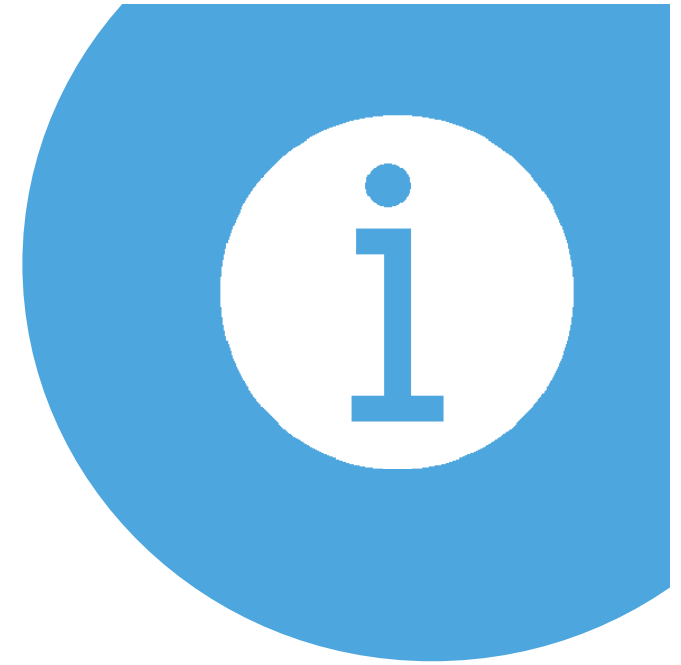


Love is an amalgam of little moments



You won't
always be first
choice (and
that's okay)

5



- It's normal and healthy
- There are positives
- We may be 'the other adult' too..

You won't always be first choice (and that's okay)



What other adults could your child build a relationship with? How could you support?

You won't always be first choice (and that's okay)



Sometimes the best way to support is to step away

4 ideas to try...



1. Write and Rip



2. Stock Phrases



3. Safe space visualisation





4. Self-soothe box





Try to connect and care unconditionally; the rest will follow



MindEd is a free learning resource about the mental health of children, young people and older adults.



mindedforfamilies.org.uk



Order here

Order copies of our free internet safety magazine – Digital Parenting

A guide to help your family live a better digital life

Digital Parenting

parentzone

Sign me up for weekly updates on children's online safety

Email Address *

First Name

Last Name

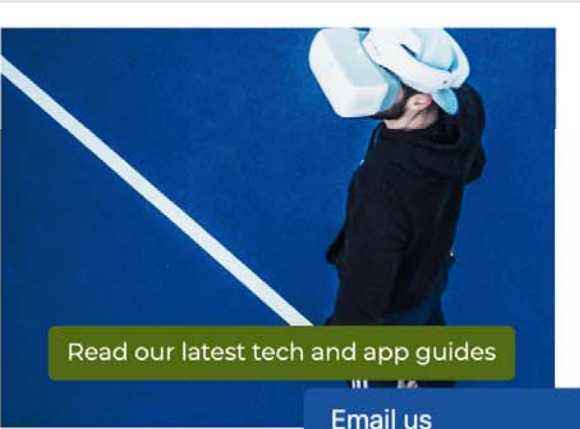
Sign up

FORTNITE

Fortnite: everything you need to know



Recovering when things go wrong



Read our latest tech and app guides

Email us

Find Help ▾

Get Involved ▾

For Professionals ▾

SEARCH

Parents Helpline

You are here: Home / Find Help / For Parents

For Parents

Worried about a child or young person's behaviour or mental health? You're not alone.



Parents Survival Guide

Parenting isn't always easy. Although it's often amazing and rewarding to watch your

[youngminds.org.uk](https://www.youngminds.org.uk) | 0808 802 5544



Dr Pooky Knightsmith

@PookyH | youtube.com/pookyh

PookyKnightsmith.com

pooky@inourhands.com