

HERE TO HELP

Support Hub for
Parents/Carers of
those living with
Mental Health issues

RESOURCES

Help and guidance tools for Schools,
Carers, Parents & Children



PARENTAL
MINDS C.I.C.



PARENT+
SUPPORT HUB



CONTROL

Some things are beyond our control; by focussing on the things in life that we are able to influence we can alleviate stress levels and give ourselves a sense of empowerment. These are some of the things that you can control:-

- A good sleep routine.
- Your free time.
- Being present in the moment.
- Asking for help
- Allocating self-help time.
- Setting realistic expectations for yourself.
- Forgiving mistakes and not pressurising yourself to get things right all the time.
- Learning from any mishaps and allowing yourself to try again.
- Reminding yourself that you are good enough.
- Managing how you respond to challenges.
- Celebrating your small wins.
- Taking deep breaths.
- Pausing and reflecting.
- Allowing yourself to have a break and some down time.
- Creating boundaries to alleviate pressure on yourself.
- Reminding yourself that it's OK to say 'no'.
- Triaging how you feel; what is the one thing you can do to help yourself today.
- Setting goals – long term and short term.
- Ignoring your inner critic – It's OK to not listen to it right now.
- Taking a deep breath, shoulders down, head up and one foot forward when talking to someone in authority or dealing with a tricky situation.
- Taking time to process the day's events before relaxing for the evening.
- Reaching out to Parent Support Groups in difficult times or for well-being tips.

After school – We understand that the transition from a busy School day to home can be a challenging time for many parents and children alike. We have put together a resource with some helpful tips to help support a calmer home life on school days.

Save Questions for later

We are all eager to know how our child's day has been, but if we resist asking questions as soon as we get home, this can take the pressure off your child.

Offer a chewy snack and an early dinner

Offering your child a chewy snack can help regulate sugar levels. Having an early dinner not only keeps their sugar levels regulated but also allows for plenty of calm time before the bedtime routine.

Drinking through a straw

Drinking through a straw offers fantastic sensory calm for a child.

Provide down time for your child

Lifting expectations from your child after a busy day and allowing some down time or a fun activity can be beneficial. This can provide your child with time to process their day and access a calm brain. Introducing calming sensory experiences can also promote self-regulation.

1:1 Parent- child time

Natural conversation occurs most often when children feel calm and listened to. By reserving 10-15 minutes a day with your child, you can help to create moments of bonding and open communication. This is time when your child takes the lead of the activity and have your genuine, undivided attention.

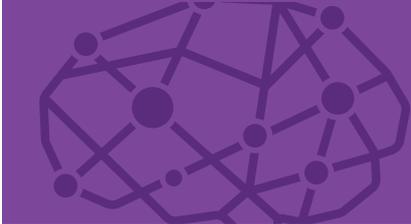
Unstructured Play time

Children learn about themselves and the world around them when engaged in unstructured play, this also allows time for their senses to relax and promotes self-regulation.

Early bath or Shower

A calm bedtime routine can benefit a child's ability to unwind, helping your child to feel relaxed, calm and ready for sleep. It will also reduce your child's body temperature, enabling them to drift off to sleep comfortably.





COGNITIVE REFRAMING

A child with certain traits has historically been labelled in a negative way. These labels can be reframed from a positive perspective and are often behaviours celebrated in adulthood.

Unfocused



Multi-tasking by paying attention to many things around them.

Stubborn



Determined and persistent.

Hyperactive



Energetic and enthusiastic.

Bossy



Natural Leader.

Defiant



Bold and determined.

Rebellious



Finding their own way and their own plan.

Dramatic



Expressive of their needs, passionate.

Babyish



Learning in their own time.

Odd



Unique and individual.

Demanding



Understands their needs, confident

Fearful



Cautious and Careful.

Fussy



Confident in expressing their preferences.

Impulsive



Confident in trusting their instincts.

Oppositional



Communicating from a perspective of being individual and different.

Talkative



Gains enjoyment from communicating.

Tells tales



Respects values and seeks justice.

Day dreamer



Has a relaxed approach to life.

Attention Seeker



Seeking connection for their needs.

WELLBEING FOR PARENTS (CLANGERS)

C CONNECT

Have you thought about always having a date in the diary to meet a friend or a family activity to look forward to?

Could you spare 10 minutes a day to sit quietly with your pet?

Connecting with others raises your oxytocin levels



L LEARN

Have you thought about extending your knowledge? This could be reading articles on a new subject, learning a language, playing an instrument, doing sudoku or quizzes crafting something new, painting or sketching, even doodling!

Learning a new activity and achieving goals raise your dopamine levels



A ACTIVE

You can choose how you use your 'free' time (no matter how small). Taking 30 minutes a day to walk or exercise is beneficial to your general health. Why not add 'connection' by being active with a friend, family member or pet.

Being active and outside will raise your serotonin levels



N NOTICE

Taking time away from your thoughts is good for your wellbeing. This can be achieved by being 'present' and 'focused', noticing your surroundings, what you can see and the sounds you can hear. Enjoying aromas from baking and savouring the taste of your food (without distraction) You can also wake your senses by hugging a warm cup of tea or rolling a pebble in your hand.

Waking your senses raises your oxytocin levels



G GIVE BACK

Giving 10-15 minutes a day to your children to do an activity they choose can bring you laughter. Volunteering with the PTFA, social or leisure activity can be fun and rewarding. Making donations to charity shops can also bring pleasure (whilst creating space for all your resources from your learning activities)!

Giving back raises your endorphins



E EAT WELL

Eating a balanced diet can help prevent lethargy and keep you alert. Water is the main component of your brain, so keeping hydrated improves your concentration, memory and helps to balance your emotions and your mood.

Dark chocolate & spicy food increase your endorphins and L-Tyrosine rich foods increase dopamine levels



R RELAX

Do you consider taking time for your mind to relax, as well as your body? There are many ways to do this as well as structured mindfulness. You can take a 'focused' walk, where you 'notice' things. If your mind is busy, you can try focussing on sounds or names, colours or objects that you see. Flicking through a magazine, without reading the articles, is a good way to rest your brain to process your day.

Having a massage/touch increases serotonin & oxytocin levels. Meditation raises oxytocin & dopamine levels



S SLEEP

Your sleep is important and a way to show yourself kindness. You also cannot support those around you if your battery is running on empty. There are many elements to a good sleep routine. If you tend to ruminate over things at night, you might find it useful to lay on the bed for a few minutes in the afternoon and process the events of your day.

If you have problems sleeping, you might like to look at [Parental Minds Sleep Resource](#).

Doing activities that raise your oxytocin levels help to naturally promote sleep.





WELLBEING FOR PARENTS (CLANGERS)

Some activities span several 'CLANGERS' such as Yoga, Pilates, Dance, taking a walk whilst taking time to notice your surroundings. These activities are often beneficial to both your physical and mental health.

If your brain tends to work in a logical way and you think in words, it can be a good idea to exercise the creative side of your brain by listening to music, creating art by making 'marks' on a page and taking time to daydream.

Further Reading: -

CLANGERS: <https://www.drphilhammond.com/blog/2018/09/18/health4all/2593/>

Mood Hormones: <https://www.healthline.com/health/happy-hormone>

C CONNECT

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N NOTICE

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R RELAX

S SLEEP



STOPP

S STOP!

Just pause for a moment

T TAKE A BREATH

Notice your breathing as you breathe in and out.
In through the nose, out through the mouth.



O OBSERVE

What thoughts are going through your mind right now?
Where is your focus of attention?
What are you reacting to?
What sensations do you notice in your body?



P PULL BACK – PUT IN SOME PERSPECTIVE

DON'T BELIEVE EVERYTHING YOU THINK!
What's the bigger picture?
Take the helicopter view.
What is another way of looking at this situation?
What advice would I give a friend?
What would a trusted friend say to me right now?
Is this thought a fact or opinion?
What is a more reasonable explanation?
How important is this? How important will it be in 6 months time?
It will pass.



P PRACTISE WHAT WORKS – PROCEED

What is the best thing to do right now?
What is the most helpful thing for me, for others, for the situation?
What can I do that fits with my values?
Where can I focus my attention right now?
Do what will be effective and appropriate.



The STOPP resource is an NHS resource and can be viewed here: <https://www.getselfhelp.co.uk/stopp.htm>



Empowering curiosity around Mental Healthcare

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