


## CHILDREN'S HEALTH AND WELL BEING BASED ON THE SOLIHULL APPROACH.

In the following articles we will consider the mental health and well being of the children and young people in our families and how we can support them through these unique times. All of the very recent research appearing relating to the mental health of children and young people as a result of the isolation they have been forced into, tells us that no matter the age of the child or young person they need to continue to connect with people in their family, community and friendship groups using their senses. Therefore, it is essential that they continue to see those who are important to them, hear their voice and most significantly hear their name being used by the people they are missing from their day to day lives. This is where technology can work to our advantage, children and young people can have these experiences via a number of devices and apps and live platforms. Use these to help support your children and young people to stay connected while staying home and staying safe. However, they also need a consistent approach from parents to continue to provide them with the security they need to feel safe and loved.


### **How to help your child develop emotionally and develop good mental health and wellbeing.**



#### **Build a positive relationship with your child**

Building a positive relationship with your child is the best way to help your child develop positive emotional wellbeing. As a parent you have a central part in helping your child learn how to tolerate frustration, learn to calm down, know how to behave acceptably in society and relate to others in a healthy way.

Showing your child that you are listening to them and that you understand that they are trying to communicate with you is an important part of developing a two-way relationship. You may not always know immediately what they are attempting to tell you but they will feel more secure knowing that you are open to hearing about their feelings.



#### **Show your child you are listening to them**

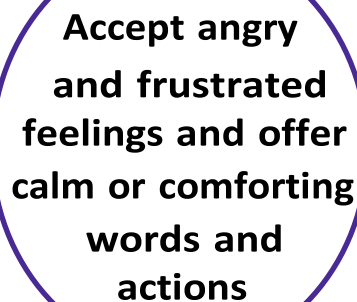
There may be times when both you and your child might find feelings overwhelming. It is at these times that logical clear thought seems to be most difficult. Finding support for yourself is extremely important part of your emotional wellbeing. In taking care of your emotions you may feel better able to help your child with his. Regaining a sense of calm may make what you thought was an unmanageable situation seem less difficult.



**Find support for yourself**

Parents have often commented that at difficult times it is hard to look past your child's behaviour and think about how your child is feeling. Finding ways to stay calm can not only support you but also help you to look past the behaviour and see the message your child may be giving and why they behaved in that particular way.

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**Accept angry and frustrated feelings and offer calm or comforting words and actions**

Helping your child to calm down so that they will eventually learn what it feels like to calm themselves is an important skill for life. For example, staying close to the child and offering words of comfort and an affectionate gentle hug to let them know you are there for them and helping them to cope with their anger and frustration. As children get older, being able to tolerate frustration and cope with strong

emotions may positively affect the way they behave towards other people.

Children respond far more positively towards loving, predictable behaviour and clear boundaries. Avoiding threats and harsh punishment, smacking and excessive shouting will help both you and your child develop a more respectful and positive relationship. Giving children a way of saving face and an opportunity to change their behaviour is important in helping them to learn that relationships are about how both people feel.



**Give your child a way to back down without losing face**

**Lay foundations  
by praising positive  
behaviour**

Choosing behaviour techniques such as positive praise and encouragement, distraction, time out to calm down, or rewarding good behaviour instead of focusing on difficult behaviour, will help lay the foundations for later negotiations on acceptable limits to behaviour.

Boundaries and rules are often an important part of family life. They can offer a sense of security and predictability for your child. Boundaries that are most effective are those that are appropriate to your child's age.

**Rules and  
routines help  
children feel  
safe...**

**... but be flexible  
where necessary**

While it is good to be consistent in putting agreed rules and boundaries into place, it is also helpful for a degree of flexibility. There may be occasions when it is appropriate not to stick rigidly to the rule such as when your child is ill.

