

# Truro Nursery School

## Supporting children and young people's mental health



### Top Tips for Parents and carers

#### What are the signs something might be wrong?

- Changes in behaviour
- Difficulty sleeping
- Regressing behaviours e.g. reverting to wetting themselves/ the bed etc.
- Difficulty in social situations
- Lack of interest in doing things they normally like
- Self harming or neglecting themselves.

#### Simple things to do to help

Be there to listen and encourage talking about feelings ; parents can share their own feelings. Value what they say - no answer is a silly one.

Remember behaviours are just what you see but they are usually triggered by an emotion ; try not to judge the behaviour.

Encourage interests; try something new

Have regular positive routines including exercise and healthy eating. Sleep is also really important.

Show an interest in their lives and what matters to them; it is easier to spot changes in behaviour then.

### Further links and information to keep your child safe

Watch more:

[Guide to supporting children who are worried | Ways to support young people and children with anxiety \(annafreud.org\)](#)

Read more:

[Families Under Pressure - Maudsley Charity](#)

[Relaxation Tips - The Sleep Charity](#)

[How to Talk to Your Child about Mental Health | YoungMinds](#)

[MindEd For Families](#)