

Talking to your child about mental health



TOP TIPS

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference

Let them know



Let your children know you are happy to talk and listen to them about any worries they may have



Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic

Use appropriate language



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health



Use face flash cards

Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

Keep an open mind



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.