



# EMOTIONAL HEALTH FACTSHEET

This factsheet will provide you with helpful hints and tips along with links and websites to help you with your child's emotional health.

## TOP TIPS ABOUT EMOTIONAL HEALTH:

Positive emotional health not only prevents mental ill health but also allows children to enjoy life, believe in their abilities and cope with life's ups and downs. It helps children to think clearly, develop socially, learn new skills and build self-esteem.

**Tip 1:** It's all right to cry sometimes. Children need to learn how to recognise and cope with their own feelings, try not to tell your child how they feel.

**Tip 2:** Children love to be praised. They thrive on it. They love to please you and are often desperate for your approval. Like you, they try much harder when you focus on the positive.

**Tip 3:** Remember to give compliments. If you live with compliments you are more likely to feel good about yourself and give those compliments to others. Self-esteem is vital.

**Tip 4:** Make sure your child knows you love them and are proud of them. Remember to praise your child for trying not just succeeding. Doing so helps young children to feel safe and comforted.

**Tip 5:** Encourage them to talk to you whilst also being able to really listen and responding in a sensitive way to all kinds of things – not just nice things, but also anger, embarrassment, sadness or fear.

**Tip 6:** What goes on in the family will have a massive impact on your child. They may need help in managing changes or coping with challenges. Be aware of how it must feel for them.

## **VISIT THESE USEFUL WEBSITES**

### **E-school Nurse Service**

<https://www.cumbria.gov.uk/ph5to19/contact.asp> twice weekly online health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old. You can telephone for an appointment 01228 603973 Mon-Fri 8-4pm.

### **Public Health 5-19 Service**

<https://www.cumbria.gov.uk/ph5to19/> advice and support on many childhood health and development issues

### **Care for the Family**

<https://www.careforthefamily.org.uk/family-life/parent-support> Information to provide parenting support.

### **Family Lives**

[www.familylives.org.uk](http://www.familylives.org.uk) Includes advice on all ages.

### **NSPCC**

[www.nspcc.org.uk](http://www.nspcc.org.uk) Wide range of downloadable publications on keeping children safe with you or out alone.

### **Kidscape**

[www.kidscape.org.uk](http://www.kidscape.org.uk) Information for parents on keeping children safe and emotional wellbeing

### **Winston's wish**

[www.winstonswish.org.uk](http://www.winstonswish.org.uk) Bereavement website for children and their parents.

### **Young Minds**

[www.youngminds.org.uk](http://www.youngminds.org.uk) Information for parents and young people on all aspects of mental health and emotional wellbeing.

### **Sleep for Kids**

[www.sleepforkids.org](http://www.sleepforkids.org) Website for parents and young people about sleep and how to get a good sleep routine.

### **NHS Talking to your child about feelings**

<http://www.nhs.uk/Livewell/mentalhealth/Pages/talkingtochildren.aspx> NHS advice and information about talking to your child about feelings.

### **Kooth**

[www.kooth.com](http://www.kooth.com) Free, safe and anonymous online support for young people aged 11-18.