



Cheshire and Wirral Partnership  
NHS Foundation Trust

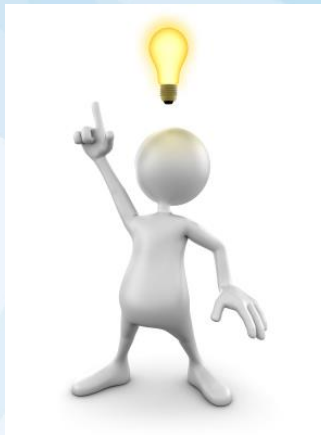


# **‘Helping Your Child Thrive’ Workshop for Parents**

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Child and Adolescent Mental Health Service  
(CAMHS)

# What to Expect from Today...

- Ideas on how to build your child's resilience
- To know what to look out for regarding your child's mental health
- Ideas on talking to your child about mental health



# What is Wirral CAMHS?



# What is Mental Health?

## **Being able to:**

- Develop and thrive
- Make and keep friends, and understand what makes a good friend
- Use and enjoy time on our own
- Empathise with others
- Play and learn
- Develop a sense of right and wrong
- Resolve problems and setbacks and learn from them



# What is Mental Health?



# What is Resilience?

- Resilience: *‘the capacity to recover quickly from difficulties; toughness.’* (Oxford English Dictionary)
- What Does Resilience Mean to Young People?  
<https://youtu.be/4RzHx5rw0f4>
- Are children today resilient?



# What Helps a Child Develop Resilience?



Child

- ✓ Secure attachment experience
- ✓ Good communication skills
- ✓ Having a belief in control
- ✓ A positive attitude
- ✓ Experiences of success and achievement
- ✓ Capacity to reflect



Family

- ✓ Family harmony and stability
- ✓ Supportive parenting
- ✓ Strong family values
- ✓ Affection
- ✓ Clear, consistent discipline
- ✓ Support for education



School

- ✓ Positive school climate that enhances belonging and connectedness
- ✓ Clear policies on behaviour and bullying
- ✓ 'Open door' policy for children to raise problems
- ✓ A whole-school approach to promoting good mental health



Community

- ✓ Wider supportive network
- ✓ Good housing
- ✓ High standard of living
- ✓ Opportunities for valued social roles
- ✓ Range of sport/leisure activities



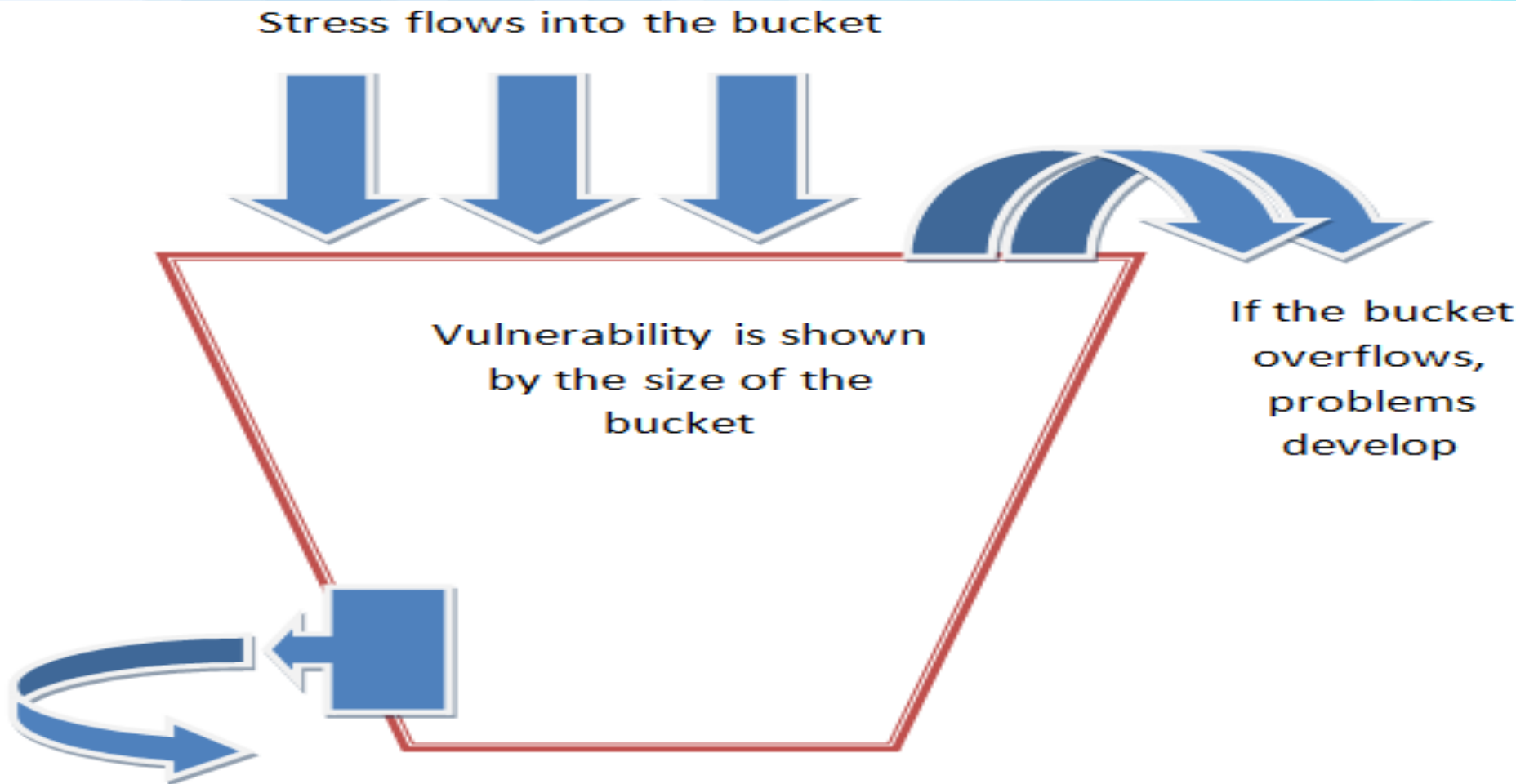
# 5 Ways to Mental Wellbeing



- **Connect** – with other people, talk, spend time with family and friends
- **Be Active** – physical exercise, walking,
- **Take Notice** – ‘Be in the moment’, notice what’s going on around you in the present
- **Learn** – do a crossword, read a book, learn a new skill, attend a workshop!
- **Give** – help others, engage in your community



# The Stress Bucket



**Good coping=** Tap working, lets the stress out.

**Bad coping=** Tap not working, so water fills bucket and overflows.

# What Helps?

- Think of a time you have recovered from something. What helped?



# How to Talk and How to Listen

- Make talking about mental health a normal everyday part of life
- Give it your full attention
- Positive body language
- Take it seriously
- Ask open questions
- Stay calm
- Offer empathy rather than solutions
- Look for clues about feelings



# Mental Health First Aid

- Daylight
- Healthy diet
- Good sleep habits
- Confronting fears
- Relaxation techniques – breathing exercises
- Limit screen time
- Play
- Liaise with school
- Enable your child to get appropriate help if required

# Concerned About Your Child's Mental Health?

**First try this** – Talk, listen, empathise, encourage your child to find their own solutions and build resilience

**Then try this** - **MindEd** – over 300 topics about mental health for parents [www.minded.org.uk](http://www.minded.org.uk)

**Then try this** - **CAMHS website** [www.mymind.org.uk](http://www.mymind.org.uk) for resources

**And this**– Liaise with school and develop support plans

**Then try this** - **CAMHS Advice Line** – [0151 488 8453](tel:01514888453)  
(9am -10pm Mon – Friday, 12-8pm weekends and bank holidays)



# Mindfulness

Lets try a 3 minute body scan meditation?

[https://youtu.be/ihwcw\\_ofuME](https://youtu.be/ihwcw_ofuME)





# Thank you!



- Any questions?
- Would you be interested in facilitating workshops similar to this? Keep in touch 😊.
- Please complete our evaluations and put your email address on if you would like to be involved.

