

Problems and changes

All children will face difficult times. What is important is to help them to get through it and realise that things can change.

Notice signs of unhappiness:

- Being extra quiet
- Arguing or getting angry
- Changes in behaviour
- Stealing or telling lies
- Being 'clingy' or frightened
- Spending time alone
- Acting young for their age



If problems persist and you are worried about your child, talk to someone.

For more information...

Family Lives 0808 800 222 www.familylives.org.uk

Local, national and online parenting support and advice.

Young Minds 0808 802 5544 www.youngminds.org.uk

Supporting parents to help children during difficult times.

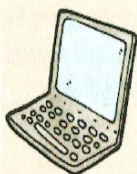
Mental Health Foundation www.mentalhealth.org.uk

Supporting parents, children & young people through local projects.

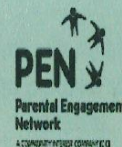
Visit your local library for more information and access to the internet

For more information and support you could try talking to

- friends
- staff at your child's school
- your doctor



Tips for parents and carers of 3-11 year olds



Helping your child to be happy

Supporting wellbeing

We all want our children to be healthy, happy, and confident... to succeed in life.

As children grow up, friends, teachers and other people become important to them and they become more independent.

But they need your love and care as much as ever.

Parents are still the most important people in a child's life!



There are a lot of pressures on children, including friendships and pressure to succeed at school.

They need you to actively help them grow up healthy, happy and confident.

A happy childhood will provide a building block for the rest of their lives.

