

### It's also important to look after yourself!

You will have more to give your child if you can take care of yourself. Try to get some time for yourself.

If you are unhappy, find someone to talk to. Depression can cut you off from your children.

Using alcohol or other drugs changes your mood and behaviour – and can upset your child. There are lots of organisations that can help you if you have a problem.

### For more information...

**Frank** 0300 123 6600

[www.talktofrank.com](http://www.talktofrank.com)

*Everything you might want to know about drugs (and some stuff you don't!). Friendly, confidential advice.*

**Drinkline** 0300 123 1110 [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

*Help and advice to help you tackle alcohol related problems.*

**Young Minds** 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

*Supporting parents to help children during difficult times.*

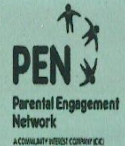
**Family Lives** 0808 800 2222 [www.familylives.org.uk](http://www.familylives.org.uk)

*Local, national and online parenting support and advice.*

**Winstons Wish** 08088 020 021

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

*Help for anyone supporting a bereaved child or young person.*



Tips for parents and carers of 3-11 year olds

## Getting support to help your child to be happy

Every family goes through problems and changes which can't be helped – but you can help your child understand and deal with their feelings.

Many children go through difficult times as part of growing up and may have periods of unhappiness that you can help them to get through.

Sometimes you might need help to support them.



Things which might make children unhappy or worried:

- **What's happening at school** (bullying, friendships or learning problems)
- **Changes at home** (new partners, family break up, new baby, death of a relative, illness, moving house)
- **Family arguments** (between parents or with brothers and sisters)

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