



Miindfulness

THANK YOU FOR ATTENDING OUR WORKSHOP!

We hope that you enjoyed today's workshop & that you now feel more confident in supporting your child to develop their emotional literacy & regulation. This handout includes a recap and some information that will help you begin to implement what you have learned today at home.

EMOTIONAL LITERACY

Emotional Literacy is the ability to understand our emotions & communicate them.

EMOTIONAL REGULATION

Emotional Regulation is the ability to manage our emotions so that they do not become overwhelming.

3 STEPS TO SUPPORTING YOUR CHILD TO REGULATE THEIR EMOTIONS.



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Understand and identify emotions in ourselves and others.



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Identify situations that can trigger big emotions.



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Develop strategies we can use to manage big emotions.

TOP TIPS

Keep going!

It's always difficult to implement a new routine and you may face some resistance from your child. Stay firm and don't give in.

Take your time!

Every child and family is unique. So, start where you are. Schedule the activities for a point in the day or week when you have enough time to focus fully and without distractions or stress.



Miindfulness TOP TIPS

Celebrate your wins!

When your child makes the effort to regulate, provide them with genuine and specific praise. For example, 'I noticed that you were feeling frustrated and went to your safe space to calm down. I am very proud of you for making that choice'. It is also helpful to talk to your child about the way that making the right choice made them feel. By highlighting the positive feeling that your child experiences when they manage to regulate, they will be more likely to repeat the behaviour because of the way it makes them feel.

Don't avoid challenging situations.

Instead, prepare your child for the situation. For example, you could say 'we are going to the shops today, but we won't be buying any sweets' or 'let's try playing your computer game for 5 minutes and then giving it back. Then we'll try for 10 minutes next time'.

SOURCES OF SUPPORT

We provide free advice & children's mental health resources via our monthly newsletter. We have also developed practical mental health and wellbeing resources for children. You can sign up to our newsletter or shop our resources via our website: www.miindfulness.com

We also regularly post advice & resources on our social media channels, details of which you can find below.

And because we know how important it is for parents to have access to support, we have created a parent support group on Facebook. The group allows parents & carers to seek advice, share strategies that have worked for their children and get their questions answered by the Miindfulness team. Just search '**Miindfulness Parent Support**' on Facebook to join the community.

As an attendee of our workshops, you can also receive 10% off our Emotional Regulation Toolkits using code **Workshop10**

If you have serious concerns about your child's mental health, please see below for further sources of support.

- If you are concerned about the safety of a child, you should contact **NSPCC** on 0808 800 5000. Alternatively, you can email them at help@nspcc.org.uk
- You or your child can use the **Young Minds Textline** which provides 24/7 text support for people across the UK experiencing a mental health crisis. Text YM to 85258.
- You can contact the **Samaritans** for free 24/7 mental health advice and support in a variety of ways. Call them on 116 123. You can also chat online via their website www.samaritans.org. They also offer a self help app that can provide further support.
- You or your child can text **SHOUT** to 85258 for free, confidential support 24/7.
- If you live in England, you can contact your local NHS urgent mental health helpline. They are for people of all ages and you can call for 24/7 advice for you, your child or someone you care for, help with speaking to a mental health professional and an assessment to help decide the best course of care. You can find details of your local urgent helpline at www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline



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