

Empowering Your Child: Supporting Children Mental Wellbeing

Have you ever wondered what goes on inside your child's mind?

Empowering Your Child: Supporting Children's Mental Wellbeing, isn't just about avoiding meltdowns or bad grades – it's about nurturing the sunshine within them! We'll explore what truly makes your child tick emotionally, how our own experiences shape them from the very beginning, and most importantly, we'll equip you with practical ways to turn your home into a springboard for their mental wellbeing.

Join us in this session and discover how to empower your child to not just survive, but truly thrive!

Learning Objectives

- Understanding your child's mental wellbeing
- Discovering the importance of early childhood experiences
- Learning practical approaches to support children's wellbeing

Content Outline

Understanding Mental Wellbeing in Children

- Understanding children's mental wellbeing involves emotional health, stress management, and healthy relationships, vital for development
- Internalising and externalising problems may arise due to poor mental wellbeing in children
- Identifying various factors that can significantly impact mental health, emphasising the need for active caregiver involvement

The Importance of Early Childhood Experiences

- The 5 Canvas of childhood:
 - Attachment Patterns
 - Socialisation
 - Emotional Development
 - Cognitive Development
 - Trauma and Resilience
- Bowlby's Attachment Theory: Secure, Insecure, Ambivalent, Disorganised
- How parental figures' behaviours and communication methods can influence a child's development.
 - Positive reinforcements leads to positive outcomes and prosocial behaviours in children

Practical Approaches to Support Children's Wellbeing

- Ensuring that good personal self-care is vital for supporting children's wellbeing
- How Parents/ Caregivers can play an active role in supporting children's wellbeing by:
 - Being an Open Communicator
 - Helping your child gain personal control and confidence
 - Being a positive role-model
- Promoting Resilience with the BEAM Framework
 - Being present
 - Embracing imperfection
 - Age Appropriate and Healthy Risk-Taking
 - Modelling Emotional Regulation