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5 WAYS TO SUPPORT YOUR TEEN'S MENTAL HEALTH

Children's mental health issues are on the rise due to normal being-a-teenager stuff coupled with the complete immersion of their lives with social media.

Some of the issues have always been there, but there is an awful lot more that we can't even comprehend, never mind know how to handle.

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Here's some ways we have found work with teens and pre-teens who are struggling with their emotions that might be useful:

Be Present	A tricky one this in a busy life, but really trying to spend some time with your child when they have your full attention makes them feel safe, important and supported. This one is easy for us, because your child has our full attention for the whole session, but for you, it may be creating space together, like a mealtime
Really Listen	Before I was trained as a coach, I thought I was a good listener, but it's much harder than you think! Try to actively listen to what your child is saying without either 'waiting for your turn' or offering advice if none was requested!
Look out for signs	Differences in behaviour are par for the course with children, but when a different overall mood, different language or vocabulary or different friends appear on the scene, keep your mind and ears open for signs that all is not well. You know your child best. Trust your instinct.
Pay attention to the little things	Often, teenagers won't announce that they have something they would like to discuss, the signals are discreet and subtle, so be ready for a conversation at any time! For us, we can pick up on a vibe even across the miles online!
Ask them if they want help	Sometimes, a teen just wants to get something off their chest and it doesn't need to go further. Before you jump in, ask them if they would actually like help with their issue. If they do, it might not be you who they want it from, so be prepared for this too!

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HELPFUL RESOURCES

Here's a few links to trusted sites for further advice:

https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager/

https://www.youngminds.org.uk/parent/

https://www.bbc.co.uk/news/articles/cx20zle4vdyo

BESPOKE COACHING

We also offer bespoke coaching sessions for students with qualified coach and NLP Practitioner, Sue Michaels. If you feel it is the right time to talk to someone other than you or the school.

Sue can also ascertain whether she thinks that coaching is enough or your child would benefit from specialist support.

These top tips come to you courtesy of 30 years in Education, seeing children from all sides (family, tutoring, teaching, governance) and an insight afforded with being able to step out of the classroom and really observe.

Other ways to connect with us: