



**Parental Guide to  
Children's Mental  
Health  
Signs and Symptoms**



## **Mental Health is a Spectrum**

*For most children, their mental health will move between the colours: green, amber and red each day - this is healthy.*

*If your child finds themselves struggling to get out of the red part of the spectrum, they may need support with managing their mental health.*



## **Some signs and symptoms of poor mental health**

***If you notice your child experiencing one or more of the following over a sustained period of time, they may need support to manage their emotions.***

***Avoidance of tasks***

***Withdrawn***

***Isolating themselves***

***Poor concentration***

***Complaining of aches and pains***

***Tearful***

***Unable to cope with daily tasks***

***Anger outbursts***

## **Understanding how children feel**

***As parents, sometimes we may struggle to understand and explain to our children how they are feeling.***

***This video is a good example to watch with your child:***

**[https://youtu.be/FfSbWc30\\_5M](https://youtu.be/FfSbWc30_5M)**

## Helpful strategies to use at home

### *Rainbow Breathing*

- *Place your finger on one end of the rainbow and breathe in until you reach the other side. Repeat with another colour but breathing out this time. Continue using all the colours until breathing has regulated.*



# Helpful strategies to use at home

## Grounding for panic attacks

- *Name 5 things you can see*
- *Name 4 things you can feel*
- *Name 3 things you can hear*
- *Name 2 things you can smell*
- *Name 1 thing you can taste*



## Helpful strategies to use at home

**Writing down or drawing your worries in a diary or placing these in a worry monster overnight.**



**Helpful strategies to use at home**

***Moving away from the situation for a specified time***

***Counting down from 5 focusing on your breathing***





***If you think that your child requires further support, please contact the Just One Number below for advice.***

***You may also want to speak to your child's teacher about their behaviour in school. If the teacher believes they need additional support in school, they will refer them to our Pastoral Workers.***

# Just One Number

0300 300 0123

***If you require any further assistance, please do not hesitate to contact the school.***