

Suggested reading



Below we've listed a few highly recommended books by parents and teens alike:

Blame My Brain: The Amazing Teenage Brain Revealed by Nicola Morgan. Published by Walker Books Ltd. A comprehensive guide to the biological mysteries that lie behind teenage behaviour.

Inventing Ourselves: The Secret Life of the Teenage Brain by Sarah-Jayne Blakemore. Published by Black Swan. Explains how the adolescent brain transforms as it develops and shapes the adults we become

The Book You Wish Your Parents Had Read (and Your Children Will Be Glad That You Did) by Philippa Perry. Published by Penguin. Explores good mental health, in childhood and beyond.

Finding support

Healthbox CIC offer a counselling and emotional support programme for children and young people up to the age of 25 in Rural West Cheshire funded by the Westminster Foundation.

We also offer counselling for adults and family support.

To access our support, speak to your GP or contact us direct at: info@healthboxcic.com



Westminster
Foundation



www.healthboxcic.com



Supporting Your Child at High School

A Parent & Carer's Guide



Tool kit

This section lists practical advice to help you as your child returns to school after corona virus

Start talking

Your child might have worries about returning to school. You can explore these and help them think of ways to manage them using our Positivity Pack.

Sleep routine

Encourage your child to return to their normal sleep routine in the weeks before school starts again.

Talk about school

Start to talk about getting back into a routine. It doesn't have to start as a conversation about worries but these might arise as you talk. If your child's routine is going to look a little different at the start of the year then just remind them that this situation is temporary and things will return to normal as soon as regulation allows.

Look at the positives

Talk about what they are looking forward to, like seeing their friends, getting back into a school routine and new opportunities.

Self-esteem journal

Journaling can be a positive way of reflecting on your own thoughts and feelings which can lead to deeper understanding of the self. Journaling can help you find things in your life you are grateful for, no matter how big or small. Throughout each day there may be many meaningful moments but sometimes it is not always easy to recognise them. This exercise will help you pause for thought and find some peace and positivity.

Ideas to get you started

3 things that made me feel peaceful today:

I'm excited for:

I feel proud of myself when:

3 small successes I had today were:

The highlight of my day was:

3 things or people I feel thankful for are:

My family admire me for my:

If you do this exercise on a weekly basis you will begin to notice any patterns in your thoughts and feelings.

Emotional regulation



Your child may have many different feelings about going back, including anxiety, excitement, sadness.



Talk to them

about how they are feeling, help them to name their emotions and help them to realise that such feelings are 'normal'.



Prepare

for these feelings to come out in different ways, e.g. changes in behaviour, sleep, eating.



Stay calm

Think about how to support your own feelings, such as further information from school and talking to other parents.