

# Promoting your child's mental health

**Positive mental health in childhood is important for well-being throughout life. Poor mental health affects our children's ability to concentrate, making it more difficult for them to learn and communicate.**

Here are some positive steps that you can build in to your day-to-day routines:

- look out for positive behaviour and praise them for effort
- say thanks, please, sorry and show them respect
- spend as much time as you can with them and listen to what they are saying to you
- be cheerful and good humoured yourself or explain to them why you are feeling sad, angry or worried
- be interested in them and their world.

If you need further advice or guidance contact the Central Referral Team on:  
0044 808 168 3111  
[crt.bfsws@coreassets.com](mailto:crt.bfsws@coreassets.com)

**Some main warning signs of mental illness are as follows:**

- Excessive paranoia, worry, or **anxiety**.
- Long-lasting **sadness** or **irritability**.
- Extreme changes in moods or behaviour.
- **Social withdrawal**.
- Dramatic changes in eating or **sleeping** pattern

You need to value yourself as a first step to valuing your child and developing their self-esteem. Looking after yourself is important - make some time (however small) for yourself each day. You are best for your child when you are at your best.