Parenting a child with problems

Easy Read

MindEd
e-learning to support young healthy minds

Contents

What are problems?

Problems for a child may lead to behaviour that worries parents.

The problem might be the death of someone close.

There might be problems at home – like parents that argue a lot.

There may be bullying in school.

Sometimes school work is just too hard.

Some children are born with difficulties that may make them more likely to have a mental health problem.

Parenting a child with problems

You should listen to your child and try to understand where they are coming from.

You should think about what behaviour is OK from your child and what is not OK.

You should be kind, firm and **consistent**.

Consistent means doing what you say you are going to do.

You need to stay calm and help your child to understand how to mange their own behaviour.

You need to be clear about right and wrong. And you need to explain about safety and danger.

What do I do about anxious behaviour?

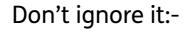Help your child to relax. Breathing exercises are good.

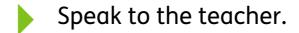Help them to think about something else - by doing something different with them.

Listen carefully to your child.

Don't think that it is your fault. It doesn't help.

Don't ignore it:-

▶ Speak to family and friends.

▶ Speak to the teacher.

▶ Speak to your local doctor.

Look after your own worries, but don't tell your child about them.

Do spend time with your child doing something that is fun.

Make sure that you spend time together as a family.

What about the other children?

Don't forget about your other children. They need your time as well.

You should decide what to tell your other children about their brother or sister's problems.

For more information

This resource is part of the MindEd online learning site. For more information please contact:-

Web: www.minded.org.uk

Email: minded@rcpch.ac.uk

Twitter: @MindEdUK

Easy read by easy-read-online.co.uk with help from Mencap Liverpool