



Safeguarding Update

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NSPCC

Realising that your child may be struggling with their mental health and experiencing anxiety or depression can be hard to accept. The most important thing you can do is to reassure your child and not judge them for how they're feeling.

- Ways to help a child who's struggling include:
- letting them know you're there for them and are on their side
- being patient and staying calm and approachable, even if their behaviour upsets you
- recognising that their feelings are valid and letting them know it's okay for them to be honest about what it's like for them to feel this way
- thinking of healthy ways to cope you could do together, like yoga, breathing exercises or mindfulness
- take care of yourself and get support if you need to. Try not to blame yourself for what's happening and to stay hopeful about your child's recovery.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/#helping>

away from it. Try doing something that relaxes you for a while, or turning off notifications so you're not getting lots of reminders. Here is a [link](#) to GoNoodle which has a selection of videos that can be used to support time for PAUSE at home.

- Do something positive - Ask an adult what you can do to help other people, support a friend who's upset or share something positive online. Doing things to help other people can help you to cope and feel more in control.

Online contact and staying safe

Video streaming and chatting online can be really exciting, but do you know how to protect your child from adult content and contact?

What might they encounter?



Chatting and meeting new people on the internet can be fun and appealing for children. There are lots of online apps and communities that can be educational and supportive for them, however there are opportunities online for adults to contact children.

No matter how young your child is, if they are using a device that has the internet- it is important to talk to them about people who contact them online.

We understand that you can't always be there with them, although if they are 11 and under we would always recommend that their device is used in a public space, making it all the more important that your child knows that they can come to you if someone online says or does something that makes them uncomfortable, worried or upset.

For further advice, explore resources available on <https://learning.nspcc.org.uk/>



Many children continue to have worries and concerns about conflicts going on in the world or things that

they may see or hear on the news. Childline have some great ideas which you could use to support your child with this.

- Talk to someone you trust
- Get the facts - Use a child friendly site like Newsround to see how they are explaining things in a child friendly manner.
- Take a break - When the news is talking a lot about what's happening, it can be hard to get