



PARENT GUIDE TO CHILDRENS' MENTAL HEALTH

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WHAT IS MENTAL HEALTH?

Mental Health

Mental health is a state of well-being where individuals can cope with the normal stresses of life and contribute to their community. Mental health refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave. At any one time, a child may be anywhere on the spectrum between healthy and unwell. Many children move along the spectrum at different times.



What can you do to support your child

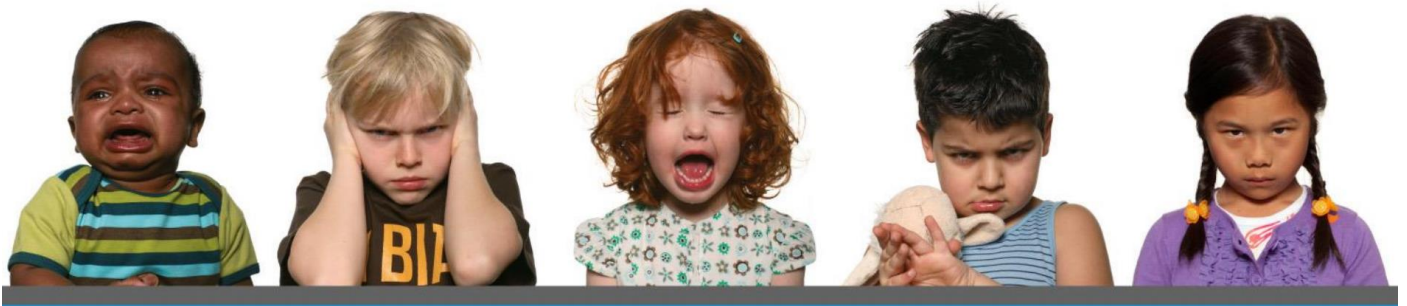
The good news is that, with the right support, most children bounce back to coping and feeling healthy. As a parent, you are the loudest voice and most significant influence in your child's life, at least while they are still young. Even though mental health practitioners, psychologists and support programs can be great options to support children through difficult times, access to these services may prove challenging for a range of reasons.

The purpose of this guide is to equip parents and carers with information by providing ideas and resources to support your child through a mental health crisis in order to help them thrive again. The staff at Hollywood Primary School would like to partner with you and share some of the strategies that we use here at school, as well as some proven programs that you can follow at home.



Every year, one young person in ten experiences a mental health problem

POSITIVE PARENTING



Triple P - Positive Parenting Program® acknowledges that childhood is made up of many little moments. Difficult moments, magic moments, and more. Learn how to savor the great ones while confidently dealing with the tricky ones with the Triple P program that is now available for FREE to parents and carers of children within Australia.

- Little kids can have BIG emotions. And that can mean tantrums, bedtime battles, aggressive behaviour. Parents and carers need positive solutions that really work, for all kinds of situations.
- When children get better at things like routines, sharing, and getting along with others, family life gets a lot better.
- Small issues are sorted out before they become big ones.
- Kids gain valuable life skills like problem-solving to help them now, and in the future.
- Children can learn to talk about strong emotions and handle them in healthy ways.



Triple P is one of the few parenting programs in the world with evidence to show it works. There are multitudes of trials and studies to show Triple P works for most families, in many different cultures, and in many different family situations.

Each module of the Triple P Online Course only takes about 30 minutes to an hour. You do not need to do it all in one block either as it is known how time poor families are. Some parents prefer to just do ten or fifteen minutes a day.

Courses:

The Fear-Less Triple P (Online)

This course is specifically aimed at helping your child overcome fear and anxiety and covers the content over 6 modules.

- **Module 1: Understanding anxiety**
Learn more about anxiety and how it works. Get a better understanding of your child's anxiety and set some goals for positive change.
- **Module 2: Promoting emotional resilience**
Find out how to encourage your child to express, tolerate and manage upsetting emotions more effectively.
- **Module 3: Setting a good example & encouraging realistic thinking**
Learn more about flexible and realistic thinking and how it can reduce anxiety.
Recognise and change unhelpful ways of thinking and encourage your children to do so too.
- **Module 4: Understanding avoidance**
Discover how anxiety and avoidance create a cycle - and how to break it in a gradual and effective way.
- **Module 5: Responding to children's anxiety**
Some very common responses parents have to children's anxiety come with hidden disadvantages. Discover the advantages and disadvantages of various responses, and learn some new effective strategies in managing these behavioural manifestations.
- **Module 6: Constructive problem solving & maintaining progress**
Use a step-by-step framework to help your children manage their anxiety and become more capable and confident. Review your progress and set goals for the future, and get guidance on how to achieve them.

Triple P (Online)

There are currently 8 modules in Triple P (Online):

- **Module 1: What is positive parenting?**
Here's where you choose what is important to your family, to start tailoring your course to suit your needs. You will also learn the key foundations to support confident, capable, cooperative kids: Triple P's five principles of positive parenting.
- **Module 2: Encouraging behaviours you like**
Bring out the best in your child. Support their emotional, social and intellectual development while making parenting even more rewarding. Learn to do this with six simple strategies!
- **Module 3: Teaching new skills**
Help your child to master new tasks, manage their emotions, solve problems and communicate well. These key steps make life easier for kids and parents alike.
- **Module 4: Managing misbehaviour**
To succeed in life, children need to understand how to cooperate, follow important rules and get along with others. Find out new ways to respond to behavioural issues using simple, effective, positive parenting techniques.
- **Module 5: Dealing with disobedience**
Learn more about why children behave in certain ways and discover which common parenting reactions tend to make things worse. Find out the specific skills that will help in these situations to create positive changes - fast!
- **Module 6: Planning ahead to prevent problems**
Now you're ready to take positive parenting skills to the next level. Rather than just managing meltdowns and arguments, avoid them altogether with these tips and techniques. Make life smoother and better for everyone.
- **Module 7: Making shopping fun**
By popular demand, a whole module on turning shopping with children into a positive experience. New strategies, a solid plan and a better understanding of child behaviour - you will really see the benefits the next time you go to the shops with children in tow.
- **Module 8: Raising confident, capable kids**
This is what it is all about - taking the long-term view to help set your child on the path to a happy and successful adulthood. Even more positive parenting strategies to build your child's resilience, social skills and independence. Plus extra tips on social skills and learning to solve problems.

Parenting during COVID-19

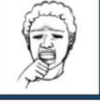
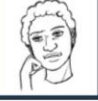
Help to stay calm and positive, even during uncertain times. Feel more confident answering questions and coping with changes. Positive tips and strategies to support you and your family through COVID and beyond.

REGISTER ONLINE AT: triple-parenting.net.au

ZONES OF REGULATION

"WE ALL ENCOUNTER TRYING CIRCUMSTANCES THAT TEST OUR LIMITS FROM TIME TO TIME. IF WE ARE ABLE TO RECOGNIZE WHEN WE ARE BECOMING LESS REGULATED, WE ARE ABLE TO DO SOMETHING ABOUT IT TO MANAGE OUR FEELINGS AND GET OURSELVES TO A HEALTHY PLACE. THIS IS THE GOAL OF THE ZONES OF REGULATION."

- LEAH KUYPERS, CREATOR OF THE ZONES OF REGULATION

							
							
BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	
Sad Sick Tired Bored Moving Slowly		Happy Calm Feeling Okay Focused Ready to Learn		Frustrated Worried Silly/Wiggly Excited Loss of Some Control		Mad/Angry Terrified Yelling/Hitting Elated Out of Control	

Self-regulation is something everyone continually works on, whether we are consciously aware of it or not. This comes naturally for some, but for others it is a skill that needs to be taught and practised.

The Zones is a systematic approach used to teach self-regulation by categorising all the different ways we feel and states of alertness we experience into four concrete zones.

At Hollywood Primary School, we teach students that there are no 'right' or 'wrong' feelings. All feelings are ok - although some may be more uncomfortable than others. Feelings come and feelings go. When we can identify what we are feeling, we are so much better able to regulate our emotions.

"Life is 10% what happens to us and 90% how we react to it."

-Charles Swindoll

Parents play a vital role in modelling and teaching self-control at home. You can support the work that teachers are doing by becoming familiar with the Zones language and using the Zones whenever opportunities arise. Put the Zones pictures on the fridge or in your child's room and practise naming the feelings together. Stop, take a deep breath, say the problem and how you feel. Sometimes this may even be enough to make those big feelings float away as your child feels heard.

Blue Zone

The Blue Zone is used to describe low states of alertness and down feelings such as when one feels sad, tired sick, or bored.

Green Zone

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focussed, content or ready to learn when in the Green Zone. This is the optimal learning zone.

Yellow Zone

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotion; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

Red Zone

The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone.

For more information visit: www.zonesofregulation.com/index.htm

HELPING HAND

Creating a safe network

Make sure you regularly discuss with your child who the people on their Helping Hand are. These are adults that they can go to whenever they need help, they are in an unsafe situation, or they need to talk about big feelings.



For more information visit: wachildsafetyservices.com

CYBERBULLYING



44% of Australian young people report having a negative online experience in the last 6 months, this includes 15% who received threats or abuse online.

Cyberbullying is when a person uses digital technology to deliberately and repeatedly harass, humiliate, embarrass, torment, threaten, pick on or intimidate another person.

Cyberbullying happens in many different ways - in text messages, emails and online games, and on social media platforms like TikTok, YouTube, Snapchat, Instagram and Facebook.

Cyberbullying often leaves children and teenagers with lowered self-esteem, less interest in school and low academic achievement. Children and teenagers who experience cyberbullying might feel confused by changes in their friendship groups. They might also feel alone, lonely and isolated.

For more information visit:



This website has everything from tips to talk to your child about cyberbullying to technology rules to keep your child safe.

raisingchildren.net.au



This website provides you with further information of what you can do, as a parent, to report cyberbullying, change the settings on your child's device, and find up-to-date information to share with family and friends.

esafety.gov.au

KIDS HELPLINE

1800 55 1800

Anytime. Any reason.

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason.

Check out their website with your child and click on the interactive stories that address anything from bullying, changes in the family, friendship issues and being safe on the internet.



For more information visit: kidshelpline.com.au

THE BRAVE PROGRAM

Childhood & Teenage Anxiety

The BRAVE Program by the University of Queensland is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

Any child who worries about things will find the program useful. Any parent wanting to learn more about how to help their child overcome worries can also do the program. You can do the program on your own, or together.



REGISTER ONLINE AT: brave4you.psy.uq.edu.au

GROWTH MINDSET JOURNALS

Big Life Journal for Kids

Big Life Journal offers science-based journals for kids to help them grow their confidence and resilience. We've created growth mindset journals and bundles for different ages, from young children to teens. Our journals feature engaging activities, inspiring stories, and colourful illustrations meant to wire your kids' brains for resilience, gratitude, and self-love.

Having a growth mindset means being able to view your struggles as chances to learn and grow. People with this mindset see "failures" as opportunities to try again.

The opposite of a growth mindsets is a fixed mindset. People with fixed mindsets feel their abilities and levels of intelligence are set in stone. When someone has a fixed mindset, they're prone to refusing to try new things, avoiding challenges, and becoming jealous of others' successes.

Having a growth mindset vs. a fixed mindset is learned, not innate. If you're worried your child or teen is struggling with a fixed mindset, there are ways to shift their thinking, including with a growth mindset journal.

The logo for Big Life Journal features the words "Big", "Life", and "Journal" in a cursive script. "Big" is blue, "Life" is green, and "Journal" is red.

- Purchase journals and printable kits for children of any age.
- Explore their collection of teaching guides, podcasts, conversation cards, and posters.

For more information visit: biglifejournal.com.au

SMILING MIND



Mindfulness

Learning mindfulness does not start or end in the classroom, parents and family members also play a key role. We need to involve the entire community when it comes to teaching mindfulness and that is why we encourage families to get involved.

What is mindfulness?

Mindfulness does not ask us to stop or control our thoughts, judgements or negative experiences. Rather, it asks that within our experiences, we simply pay attention to what is happening in the moment.

What is meditation?

Meditation is a way of practising mindfulness and a steady meditation practice is one of the best ways to help us develop mindfulness in our daily life.

Go to the website to download a parent guide to mindfulness. This guide contains:



- An introduction to mindfulness
- An overview of the science behind it
- Advice on supporting learning at home
- Tips on how you can start your own practice

Or try the mindfulness app for **FREE**. Download the app now and start with 10 minutes a day!

For more information visit: smilingmind.com.au

FAMILIES UNDER PRESSURE

Don't let the pressure of parenting get you down. Try these simple tips and tricks, formulated by researchers and mental health experts, which are backed by science and proven to work with families.



Try these simple tricks and tips, formulated by Professor Edmund Sonuga-Barke and the POP-UP team (Pointers on Parenting under Pressure), which are backed by science and proven to work with families.

Go on the website and check out short videos on:

- Tip 1: Keeping positive and motivated
- Tip 2: Making sure everyone knows what is expected of them
- Tip 3: Building your child's self-confidence and trust in you
- Tip 4: Getting your child to follow instructions
- Tip 5: Promoting good behaviour
- Tip 6: How to limit conflict
- Tip 7: Keeping calm when your kids act up
- Tip 8: Using sanctions carefully
- Tip 9: How to communicate better with your child
- Tip 10: Helping your child cope with anxiety
- Tip 11: Helping your child manage negative feelings
- Tip 12: How to boost positive emotions

For more information visit: thinkmentalhealth.com.au

URGENT MENTAL HEALTH SUPPORT

Mental Health Emergency Response Line (MHERL)

The urgent mental health support line provides support for children and young people under the age of 18 years and their families.

Available: 24/7

Phone: 1300 555 788

Lifeline

Lifeline provides all West Australians experiencing a personal crisis or thinking about suicide with 24 hour access crisis support.

Website: <http://www.lifelinewa.org.au/>

Online chat: 7pm - 4am daily.

Available: 24/7

Phone: 13 11 14

CAMHS Crisis Connect

The Child & Adolescent Mental Health Service crisis mental health support line provides phone and online videocall support for children and young people who are experiencing a mental health crisis, as well as support and advice to families, carers and professional in the community.

Available: 24/7

Phone: 1800 048 636

CHILD SAFETY

Child Protection and Family Support Crisis Helpline (Crisis Care)

Crisis care is a telephone information and counselling service for people in crisis needing urgent help. Call crisis care when:

- You are concerned about the wellbeing of a child
- You are escaping domestic violence and need help
- Arguments are causing unhappiness and problems in your family
- You are alone or afraid and urgently need to talk to someone
- You are homeless
- You would like counselling, information or other support

Phone: 08 9223 1111

1800RESPECT National Sexual Assault, Domestic Family Violence

Counselling Service:

A national telephone and online counselling and referral service.

Phone: 1800 737 732

Men's Domestic Violence Helpline:

Provides telephone information and referrals for men who are concerned about their violent and abusive behaviours, and for male victims of family and domestic violence in Western Australia.

Phone: 1800 000 599

Women's Domestic Violence Helpline:

Provides support for women, with or without children, who are experiencing family and domestic violence in Western Australia (including referrals to women's refuges).

Phone: 1800 007 339.