

PARENT GUIDE TO KIDS' MENTAL HEALTH



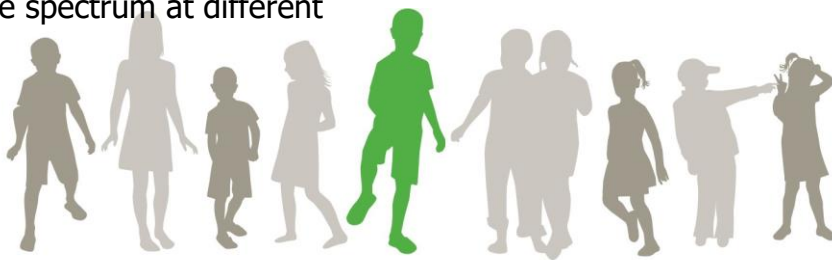
**KINROSS
PRIMARY SCHOOL**

2023

WHAT IS 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 or young person may be anywhere on a spectrum between being healthy and unwell. Many children move along the spectrum at different times.



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



The good news is that, with the right support, most children bounce back to coping and feeling healthy.

As a parent, you are the most important model and 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 provide parents and carers with information, ideas and resources to support your own child through their mental health journey, and to help them grow and thrive.

We would like to share some of the strategies that we use here at school, as well as some proven programs that you can follow at home.



POSITIVE PARENTING

Triple P – Positive Parenting Program® is now available online for FREE to parents and carers of children in Australia.

Triple P is one of the few parenting programs in the world with evidence to show it works. There are literally hundreds of trials and studies to show Triple P works for most families, in many different cultures, and in many different family situations. Triple P Online is also the first online parenting program proven to work.

Each module of the Triple P Online Course only takes about 30 minutes to an hour. You don't need to do it all in one block, either. Some parents prefer to just do ten or fifteen minutes a day. There are 8 modules in Triple P Online. The Fear-Less Triple P Online course has 6 modules. This module is specifically aimed at helping your child overcome fear and anxiety.







Register online:

triplep-parenting.net.au

ZONES OF REGULATION

Self-regulation is something everyone continually works on, whether we are consciously aware of it or not. We all encounter trying circumstances that test our limits from time to time. If we can recognise when we are becoming less regulated, we are able to do something about it to get ourselves to a better place. This comes naturally for some, but for others it is a skill that needs to be taught and practised. This is the goal of The Zones of Regulation.

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

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.

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.



1

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.



2

GREEN ZONE

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



3

YELLOW ZONE

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; 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.



4

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.

FRIENDOLOGY

Research shows that relationships are the heart of wellbeing & learning. When we get friendships right in schools, children flourish!

URSTRONG provides teachers with a friendship skills curriculum, Friendology 101, that help kids establish and maintain healthy relationships, manage conflict with kindness, and increase their overall resilience.

Friendology has a fantastic variety of lesson plans, videos and activities for teachers to complete with students. Kids' language is used for kids' problems. A fun, 'real life' approach is used. These 4 facts are taught to students.



Friendology
Website:

[For Parents | URSTRONG](#)

ACT BELONG COMMIT

Kinross Primary School is an Act, Belong, Commit School. Act Belong Commit is WA's longest running mental health promotion campaign that encourages everyone to keep active, connect with others and do something meaningful for good mental health and wellbeing.

How Do I Keep Mentally Healthy?

While many things in life are beyond our control, when it comes to our mental health, there are known and trusted things that we can do to help keep mentally healthy. Being proactive and prioritising our mental health and wellbeing is key. The most effective way to promote and support your mental health is found in the principles of Act Belong Commit. Being active, having a sense of belonging and a purpose in life all contribute to good mental health.

What matters most is putting these three words into action.

Act Do something.

Keep active – mentally, physically, socially, spiritually, culturally... Go for a walk, say hello, read a book, meditate or pray.

Belong Do something with someone.

Keep connected – to friends, family, and your community. Join a book club, join a sports team, take a cooking class, go to community events.

Commit Do something meaningful.

Do something meaningful, important and valuable to you. Volunteer, learn something new, take on a challenge, take up a cause, help a neighbour.



Act Belong Commit Website:

[Home - Act Belong Commit |
Promoting Positive Mental Health in
WA](#)

HELPING HAND

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.



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.

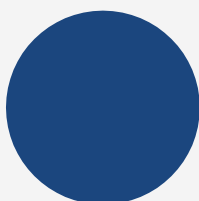
Cyberbullying happens in many different ways – in text messages, emails and online games, and on social media platforms like TikTok, YouTube, Snapchat, Instagram and Facebook.

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. Below are two websites parents can refer to for information on cyberbullying and using technology at home.



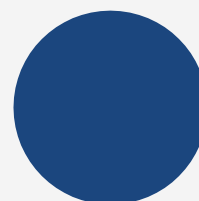
This website has everything from tips to talk to your child about cyberbullying, to technology rules to keep your child safe.

raisingchildren.net.au



Find out here what you can do 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

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.



1800 55 1800
kidshelpline.com.au





THE BRAVE PROGRAM

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:

brave4you.psy.uq.edu.au



GROWTH MINDSET JOURNALS

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.



Big Life Journal

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

biglifejournal.com.au



SMILING MIND



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's 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!

smilingmind.com.au

Or download the app on
the App Store

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.

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




think
MENTAL HEALTH

thinkmentalhealth.com.au



URGENT MENTAL HEALTH SUPPORT

Mental Health Emergency Response Line (MHERL)

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

Available: 24/7

Phone: 1800 048 636

Lifeline

Online chat: 7pm-4am, daily

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

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

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 professionals 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.