

# Top tips to support children and young people

## **Be there to listen**

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

- [How to start a conversation with your child](#)

### **Support them through difficulties**

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

- [Help with difficult behaviour and emotions](#)

### **Stay involved in their life**

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

### **Encourage their interests**

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

### **Take what they say seriously**

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

- [The Anna Freud Centre support guide](#)

### **Build positive routines**

We know it has not been easy recently, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.