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It's been over a year since the first national lockdown and the launch of 'Families Under Pressure', a series of bite-sized, evidence-based parenting tips. Professor Edmund Sonuga-Barke looks back over the progress that's been made in the past 12 months and talks about what's next for the Families Under Pressure campaign.

**Don't let the pressure of parenting get you down.**

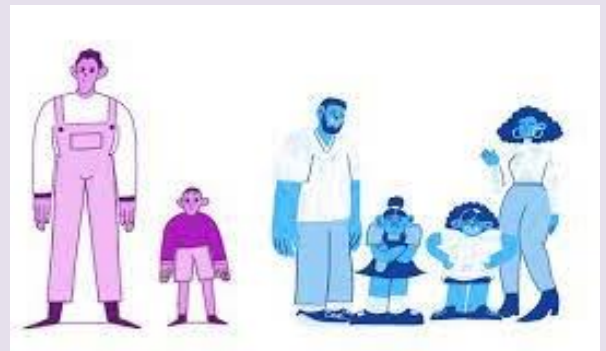
Try these simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.

Maudsley charity teamed up with celebrity parents, talented animators and digital innovators to provide families under pressure 8 useful animations to watch:

1. Keeping positive and motivated
2. Making sure everyone knows what's expected of them
3. Building your child self-confidence and trust in you
4. Getting your child to follow instructions
5. Promoting good behaviour
6. How to limit conflict
7. Keeping calm and your kids act up
8. Using sanctions carefully

Click on the following link below:

[Families Under Pressure | Maudsley Charity](#)



If you enjoyed these animations and would like to know more – join one of the 'Being a Parent' groups in the autumn, starting in September 2021.

For more information about the support available for parents in Solihull, please contact the parenting team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net); by phone on 0121 301 2773; or by finding us on Facebook

