

Support in Challenging Times

Following the government announcement that England has returned to a full lockdown, many parents will be feeling more stressed and anxious about the additional pressures on family life.

Finding time for ourselves is difficult when dealing with the daily demands of our families, but it is important to take time out to refill our own energy, as well as well as plan activities, that the whole family can enjoy.

Don't underestimate small positive changes, such as a planned daily walk, whatever the weather, and the benefits that this will have on your family's well-being.

Every family is different, but whatever its' make-up, it is important to recognise you are doing the best job that you can at this time - be kind to yourself and your family, and remember we are all in this together.

Good enough

There is no such thing as a perfect parent or family, and by having more realistic hopes and expectations, the **good enough parent and family** will:

- Allow their children to do things for themselves, encouraging their independence
- Encourage children to make decisions, but know that parents and children can all make mistakes
- Accept and respect our own and our children's feelings – we can all become stressed and frustrated
- Know that to care for our children, we have to take care of ourselves too

Taking care of yourself and your family

It is important to take care of our own needs, doing things for ourselves that will recharge our emotional and mental resources so that we can continue to respond to the demands of being a parent. Try to give yourself a break this week - enlist the help of another adult or older child in the household for a short time so you can:

- Talk to a supportive friend who is able to listen
- Take a break from the challenges, and focus on something that you enjoy
- Listen to music, go on a bike ride, take a bath
- Download a timed meditation on your phone, or just sit quietly & think clearly
- Focus on the positive things in your life each day, no matter how small



For further support and information:

- **Solihull Parenting Team** offer one to one advice and support, contact us via bsmhft.parenting@nhs.net and like our Facebook page – Solihull Parenting Team
- **Happy Mamas** – A peer support group for mums to meet & share their experiences – find out more information and contact them on their Facebook page for weekly meetups in Malvern & Brueton Park
- **NHS website** 'Every Mind Matters' has lots of information and ideas to support good mental health www.nhs.uk/oneyou/every-mind-matters/
- **Guidance for Parents/Carers on Supporting Children during Lockdown** <https://www.gov.uk/government/publications/>
- **Tips for families under pressure** <https://familiesunderpressure.maudsleycharity.org/>

UNDERSTANDING YOUR

