

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

UNMET NEEDS OF YOUNG PEOPLE OVER LOCKDOWN:



STABILITY
AND CERTAINTY

AUTONOMY

CONNECTION

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

STABILITY AND CERTAINTY

THE IMPORTANCE OF YOUR EXAMPLE:

- MODELLING ACCEPTANCE
- HELPING THEM IDENTIFY WHAT IS INSIDE AND OUTSIDE OF THEIR/YOUR CIRCLE OF CONTROL
- HELPING THEM ACCEPT AND REFRAME WHAT IS OUTSIDE OF THEIR/YOUR CONTROL
- HELPING THEM ACKNOWLEDGE WHAT IS INSIDE OF THEIR/YOUR CONTROL
- CHECKING IN WITH YOURSELF; MANAGING YOUR OWN FEELINGS
- MODELLING BOUNDARIES
- MODELLING SELF-CARE AND SELF-COMPASSION

Parenting a Quaranteenager

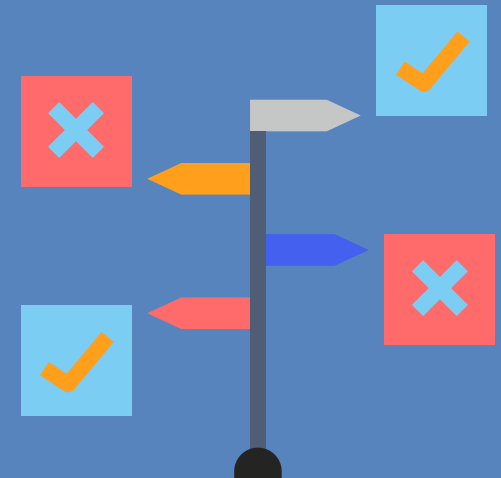
Supporting Your Child's Mental Health During Lockdown

AUTONOMY

- CREATING OPPORTUNITIES FOR DECISION-MAKING;
ALLOWING INDEPENDENCE
- ENCOURAGING CREATIVITY OVER CONSUMPTION

CONNECTION

- MAINTAINING QUALITY (OVER QUANTITY) TIME
- VALIDATING THEIR EMOTIONS
- OFFERING HELP AND/OR SOLUTIONS WHEN REQUESTED
- OFFERING SELF-SOOTHING STATEMENTS AND REASSURE THEM
THAT THIS IS TEMPORARY



Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

SELF-REFLECTION QUESTIONS FOR PARENTS

- AM I USING THIS OPPORTUNITY TO GROW?
- WHAT AM I LEARNING ABOUT MYSELF AND OTHERS?
- WHAT AM I STRUGGLING WITH MOST THIS WEEK? WHAT CHANGES CAN I MAKE?
- IN WHAT AREAS DO I STRUGGLE WITH SELF-DISCIPLINE AND SELF-MOTIVATION?
- WHAT DO I NEED MOST RIGHT NOW? HOW CAN I MEET THIS NEED?
- HOW AM I TAKING CARE OF MYSELF?
- WHAT ARE MY BIGGEST CONCERNS REGARDING MY CHILDREN THIS WEEK?
- WHAT POSITIVE EXAMPLES HAVE I SET FOR MY CHILDREN THIS WEEK? HOW WOULD I LIKE TO IMPROVE ON THIS NEXT WEEK?

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

SELF-REFLECTION QUESTIONS FOR PARENTS

- AM I USING THIS OPPORTUNITY TO GROW?
- WHAT AM I LEARNING ABOUT MYSELF AND OTHERS?
- WHAT AM I STRUGGLING WITH MOST THIS WEEK? WHAT CHANGES CAN I MAKE?
- IN WHAT AREAS DO I STRUGGLE WITH SELF-DISCIPLINE AND SELF-MOTIVATION?
- WHAT DO I NEED MOST RIGHT NOW? HOW CAN I MEET THIS NEED?
- HOW AM I TAKING CARE OF MYSELF?
- WHAT ARE MY BIGGEST CONCERNS REGARDING MY CHILDREN THIS WEEK?
- WHAT POSITIVE EXAMPLES HAVE I SET FOR MY CHILDREN THIS WEEK? HOW WOULD I LIKE TO IMPROVE ON THIS NEXT WEEK?

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

SAYING LATER...

"I hear your concerns and I can see how much this is affecting you. It's important that we talk about this, but I'm not in the best headspace right now (or I am working at the moment), could we please chat about this later today?"

"I can see how much not being around friends is affecting you, I care about this and want to help but I'm feeling a bit exhausted from work. Can we talk later when I am feeling less tired? I'm planning to sit outside on the balcony. You're welcome to join me. We can sit in silence together and talk later when we have a clearer headspace."

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

SAYING 'IT WILL BE OKAY' (SOOTHING STATEMENTS)

- "This anxiety is not going to last long. It will be over soon."
- "I can see that you are afraid right now, but know this will pass."
- "I can see that you are feeling anxious, and that's okay. I understand why."
- "This feeling isn't comfortable or pleasant, but you can handle it."
- "You went through this last year and you got through it. Be patient with yourself."
- "Your body is issuing a false alarm. In a few minutes, the alarm should stop."

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

SAYING 'IT WILL BE OKAY' (SOOTHING STATEMENTS)

- "This is uncomfortable, but you can handle it if you take slow and deep breaths."
- "Fighting this doesn't help - try to relax, breathe deeply and let it float away."
- "If you can accept these feelings and breathe through them, they'll likely go away sooner."
- "I can see you are feeling overwhelmed. Would you like help finding the first step?"
- "Stay focused on what you can control. I understand that this may be hard to see now but you do have some influence over the situation."

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown

HELPING YOUNG PEOPLE FOCUS ON WHAT IS INSIDE THEIR CIRCLE (ROLL) OF CONTROL

INSIDE MY CIRCLE OF CONTROL

- Wearing a mask and following the rules
- Practicing gratitude and kindness
- Limiting exposure to the news
- My actions
- My positive attitude
- My acceptance of the situation
- My own self-care
- My own self-compassion
- When I say yes/no to others (my boundaries)
- Who I follow/what I consume on social media
- How much time I spend on social media
- Reaching out to my friends
- Spending time with my family
- Finding fun things to do at home
- Doing my best with remote learning

OUTSIDE MY CIRCLE OF CONTROL

- If others follow the rules
- The amount of toilet paper at the shops
- How long lockdown will last
- When face-to-face learning will resume
- Other people's reactions
- Other people's intentions
- Other people's actions
- What restrictions will look like in the summer holidays
- Not being able to hang out with friends
- If loved ones get sick
- What the future looks like
- How much work the school gives me
- How my studies are being impacted

Parenting a Quaranteenager

Supporting Your Child's Mental Health During Lockdown



If you found this resource helpful and would like to support us, please consider making a donation through the link below.

<https://www.kyds.org.au/donateQR>

A small amount can go a long way.