

MY VOICE MATTERS

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOURCHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?



'This is my place'

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

This year, Place2Be's Children's Mental Health Week will aim to support the groups and systems surrounding our children. We'll encourage peers, families, schools and community groups to create inclusive and nurturing environments, where children and young people feel they belong and can say **'This is my place'**

WHAT BELONGING MEANS TO CHILDREN AND YOUNG PEOPLE

We spoke with primary and secondary aged children to ask what they wanted from the week – to help shape the activities we create for them, the tips we give to other children, and the advice we give to parents, carers and families and groups.

What is Belonging?

- Feeling that you have a place where you are always welcome and valued as either place or set of people.
- A place you belong with your family and friends.
Feeling included, not left out.
- Belonging means feeling a connection with something,
feeling like I am meant to be there with no stresses or worries. It's all about feeling safe.
- Feeling a part of something e.g. a group or society.
- People accepting you as you are.



TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW TO HELP THEM FEEL A SENSE OF BELONGING

- Parents, Carers or Community Groups can help belonging by asking questions about things they see us becoming passionate about.
- By checking in with you, providing support and making you feel safe and important.
- By being there and being happy
- By doing things that make you feel happy and safe
- Letting us choose our likes and interests and letting us explore new things.
- Parents taking time to listen and speak to us, reassure us.
- Making a comfortable, welcoming place for us.

A FEW MORE FROM US:

Parents and carers can foster belonging by **providing a loving and consistent family environment**, encouraging strong connections with peers and other trusted adults, and collaborating with school. A child's sense of belonging starts at home and expands to include the wider community.

Emphasise positive, trusting relationships. Create a loving, secure base by being available, emotionally supportive, and consistent. Simple acts, like listening without judgment, sharing smiles, or offering hugs, help build trust and intimacy.

Show them you know and value them.

Notice your child's personality and unique talents, and cheer for their achievements, no matter how small. This boosts their confidence and sense of self-worth.

Establish family rituals. Create a sense of security and connection through routines and traditions. These can be as simple as making a favourite meal, sharing stories in the evening, or having a special way of saying goodbye.



Encourage open communication.

Create a safe space where our children and young people can share their thoughts and feelings without fear of judgment. Talk to them about what belonging means and encourage them to explore their feelings when they feel included or excluded, using curiosity and open questions.

Embrace and celebrate heritage

to keep our children connected to their roots. This is a powerful way to strengthen their sense of self and belonging.