

WHAT KIDS NEED!

Positive childhood experience which help to improve adult mental health and wellbeing

Talk with them

Show them that you are open to talking about hard things, big feelings, awkward moments with friends, making mistakes. Being available and actively listening is more important than "fixing" things.

Support them in hard times & build a sense of belonging at home

Children need to know that important adults will be there for them no matter what & home is a place they can express themselves without fear. You can build a sense of belonging with shared memories, rituals, and traditions such as family game night, particular songs, family recipes and holidays.

Get to know their support network

When you are aware of the important people in your child's life, you can see the different ways they support your child. During hard times you can encourage your child to connect with them. It is important that besides peers, kids have adult champions who can give them a balanced view of life and show interest in them.

Keep them safe

Kids need adults to protect them so that they feel safe at home. This can include physical, emotional and online safety. You can help educate them about personal safety and support them in developing appropriate boundaries as they get older.

Participate in a range of activities that build competence and confidence

This can be through informal (e.g. volunteering, art & craft) or structured activities (e.g. sport, religion, drama). Kids don't have to excel at everything but have an experience of trying new things.



CAPS

Child Abuse
Prevention Service