

## Newsletter, 01.05.2024

**Tooled Up is for everyone.** For parents, carers and all school staff, the parents of young children right through to those leaving home, Tooled Up is your 'one stop resource'.

**Mental Health Literacy.** Half of all mental health conditions are diagnosed before the age of 14, and 75% by the age of 24. We care deeply about these figures and about the actions we can take to improve children's outcomes. Learning and understanding more is key. Dip into our [webinars](#) hosted by clinicians who have everyday experience of working with children and young people. Enjoy this [summary](#) of proactive tips to apply within family life.

**Digital Life.** When should you buy your child a smartphone? What [factors](#) should you consider? How do we support our children to navigate the digital world? Enjoy Dr Weston's [advice](#) on Raising a "Digital Detective": a child who is both discerning and self-protective. How can we help teens to [curate](#) their social media feeds so that positive body image is sustained rather than compromised?

**Life Challenges:** What does it mean to be resilient? This [video](#) explains the concept of resilience to primary-aged children. They can also benefit from our [activity](#) on reframing disappointment when things don't turn out as planned! Moving into the teenage years, try Dr Weston's [webinar](#) on "Raising A Resilient Teen" might prove helpful. Change is always coming! One change that many families will confront this year is a child moving into a new year group or setting. Change is coming (in the form of changing year groups or moves into new settings). Check out our programme of upcoming online talks on transition coming up in [June](#).

This is just a tiny sample of the resources available to you. If you can't find what you need on our platform, have a question pertaining to your family or want to suggest a new Tooled Up topic, simply use the [support](#) button and we will get back to you ASAP.

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





Top 10 Mental Health Webinars



The A-Z of Supporting Children's Mental Health



Buying Your Child A Smartphone



Raising A Detective In The Digital World



Monitoring Your Social Media Diet: Activity for Teens



What Is Resilience?



Reframing Disappointment



Raising A Resilient Teen

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