

Newsletter, 15.05.2024

This week is **Mental Health Week** so our focus this week is on mental health awareness. But when it comes to mental health, what is that parents need to be aware of?

Let's start with some facts. Adolescence (spanning 9-24 years) is a time of vulnerability to mental health conditions. The World Health Organisation estimates that half of all psychiatric conditions emerge before the age of 14, 75% by the age of 24. Most of these go undetected and untreated.

What can we do? As leading clinical psychologist and author, Dr Lucy Foulkes [argues](#), we can become more literate regarding what mental illness really is and isn't. For example, it's normal to feel nervous before a test or exam, but full-blown panic attacks require clinical attention. It is normal to be anxious about upcoming events but that anxiety should not be *stopping us* from participating or doing what we normally love and enjoy.

We need to help our children understand that life is full of ups and downs but that there *are* things we can do to proactively manage daily stressors and strains. This starts with modelling coping within family life. Our [Coping Menu](#) provides a great springboard for family discussion about which activities belong in our personal toolkits. Aligned with this approach is ensuring that we are giving our children an expressive vocabulary that allows them to give words to feelings. Listen to our [podcast](#) with Professor Marc Brackett on this theme. Our booklist on emotional literacy for younger children can help kickstart chats, and for those parenting teens, tuning into our webinars on topics such as [anger](#) or [performance anxiety](#) with clinical psychologist, Dr Anna Colton, will enrich your knowledge.

For all families, exploring the quality of sleep we all get is a great investment in good mental health. Watch back our recent [Q&A](#) with sleep consultants, a [presentation](#) on adolescent sleep by Dr Faith Orchard or put your own family sleep routines under the microscope using our audit [tool](#)!

We want to keep young minds active. We've been working with philosophy charity SAPERE, and we're delighted to invite Tooled Up parents to our upcoming webinar **Experience Philosophy For Children: Monday 20th May, 19:00 BST**. This fascinating and interactive session will introduce what it means to philosophise, with activities and ideas for enquiries you can do at home! Register [here](#).

Lastly, no matter the age of your child, don't forget the importance of play, time outdoors, exercise, fun and simply investing in that connection with your children. All of these activities listed are good for you and good for them!

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](#).





Philosophy For Children
Webinar



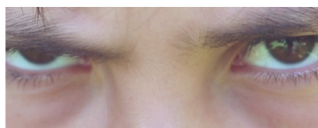
What Mental Health Is and
What It Isn't



My Coping Menu



Emotional Intelligence



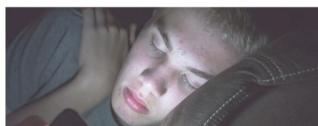
Understanding Children's
Anger



Stage Fright



Sleep Experts Q&A



Sleep and Adolescent Mental
Health



How Well Do I Sleep?

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