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## **Wellbeing Note**

Children's Mental Health Week is being marked this week in Northern Ireland. The theme of this week is **'Find Your Brave'**. Below is some information from their website.

Bravery comes in lots of forms and is different for every person. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

**What can you do? Here are a few simple ways you can encourage your child to 'Find their Brave'.**

- 1) Remind your child that bravery comes in many forms and everyone is different. What's brave for them might not feel brave to someone else.
- 2) Chat with your child about a time when you've had to 'Find your Brave'. It might have been something big or small.
- 3) Praise your child when they 'Find their Brave'. Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- 4) Point out examples of bravery in books and films to your child and talk about how trying out different ways of being brave will help them feel good.
- 5) Reassure your child that not feeling brave is okay too and that there are times when it might be more difficult to be brave.

**Below are some more helpful tips for encouraging children to 'Find their Brave'.**



## FAMILY WELLNESS PROJECT

# FIND YOUR BRAVE

Encouraging children to be brave can help them push through fear, self-doubt and anxiety. Being brave can be about sharing worries & asking for help, trying something new or pushing yourself outside your comfort zone. Below are some tips for how to encourage your child to 'find their brave'.

### BUILD THEIR CONFIDENCE

Staying positive and being generous with encouragement is important to building your child's confidence. Show faith in your child's ability to cope and let them know you believe they can do it.

### REALISTIC

Failure and rejection is often a sign that you've done something brave, as you've went out and tried something different despite the possibility of it not working out as you hoped. Each new experience brings new information and knowledge that we can learn from and give us the courage to try again.

### A POSITIVE ROLE MODEL

Talk to your children about times when you have pushed through fears and worries to do what was right for you. Being brave doesn't always feel like bravery as if we are stepping outside our comfort zone we might feel a bit nervous, so discussing a challenging situation and positive ways to overcome it can be useful. If children see their parents resolving their challenges in a positive way they will be more likely to do so themselves.

### VALIDATE THEIR EMOTIONS

There are some situations where your child may be afraid to step outside their comfort zone. Acknowledge that feeling for your child, e.g. "You're feeling nervous because you don't know what to expect," or "You're worried about how you will do." Knowing that you understand can ease things for your child and help them identify ways to overcome the feeling.

### ENCOURAGE POSITIVE SELF-TALK

Let your child know that however scared they might feel or whatever they might be telling themselves about how much they 'can't', they will always be braver than they think they are. Brave can be a thought, a feeling, or an action. They can do brave even if you don't think it or feel it. If they don't feel brave enough or believe they are brave enough, try to tell yourself that you can and act as though you are and you will be able to do it.

Find out more about the Family Wellness Project  
at: [parentingni.org/family-wellness-project](http://parentingni.org/family-wellness-project)

