



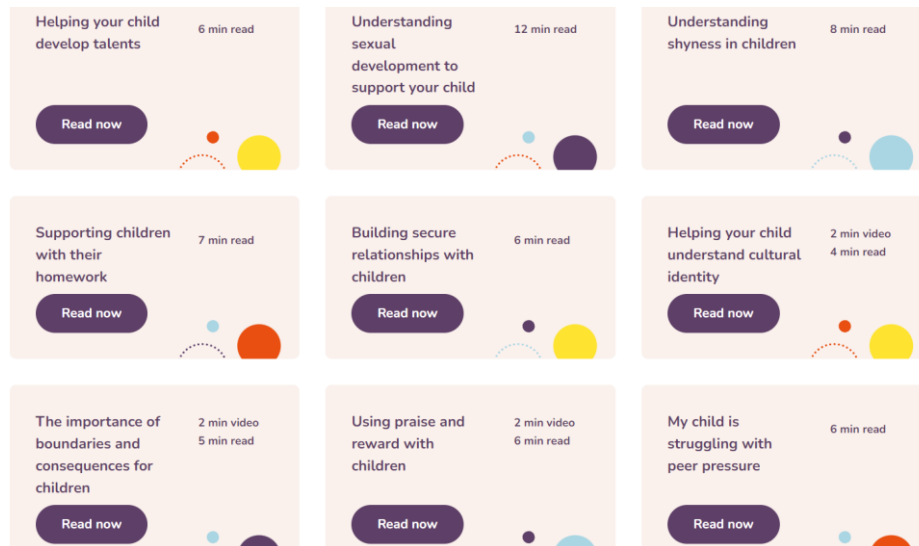
Talking Mental Health

Parenting Support



As parents and carers, you play a crucial role in your child's mental health. This can be daunting, especially if you are unsure what to do next. Below is a link to a wealth of videos and short articles that give smart tips and practical advice.

<https://parentingsmart.place2be.org.uk/>



Muscle relaxation exercises can help relieve tension in both parent and child. These types of exercises are a good way to support self-care and bond.

1. Sit or lie down and make yourself comfortable.
2. Breathe in, clench your right hand, notice the tension in your hand and arm.
3. Breathe out, relax, notice the difference.
4. Breathe in, clench your left hand, notice the tension. Breathe out, relax, notice the difference.
5. Notice how comfortably heavy your hands and arms feel when you let them relax.
6. Breathe in, clench your thighs and buttocks, notice the tension.
7. Breathe out, relax, notice the difference.
8. Breathe in, bend your feet up, notice the tension in your legs and feet.

What's this good for?

- Soothing aches and pains
- Letting go of tension