



Children today often feel more stressed than we realise. This is particularly important to remember because they are still developing emotionally and intellectually. They often feel powerless and are under a lot of pressure, with less time spent in nature, less free-play and downtime, and less face-to-face contact.

How can parents help?

As mentioned previously, it is important to think about your own self-care: slow down wherever you can. Also try to reduce all the activities in their schedule so that they have more downtime to play and to be creative. Physical activity and nature are particularly helpful in reducing stress so try to make sure they can move outside every day. Take the time to listen to your child and make sure you laugh together! It is also important to minimise screen time and maximise connection time with them. Finally, you can monitor and limit the amount of violence and upsetting material they access through video games, the news, and other online media, as this makes them believe that the world is a more dangerous place than it actually is.

Sometimes we could all do with someone to talk to. If you would like to meet Claudio for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on Mondays at 9-10am. You can call/text Claudio on 07901-000609 or email him at Claudio@schoolsounsellingpartnership.co.uk