

Ways to Help a Young Person to Develop Social and Emotional Skills

Encouraging Them to Share Their Feelings

- Ask them about how their day and what they have been doing.
- Remind them that you are there for them, and you want to hear how they are feeling and what they are thinking.
- It is important to understand emotions they might be experiencing, even if it feels uncomfortable.
- Try to praise them for something they are doing well.

Try to be Supportive

- Work together on setting achievable daily goals.
- Try to give them time and space to be on their own.
- Find ways you can encourage them to take breaks from schoolwork, or housework, and do things they enjoy.
- If they feel frustrated, brainstorm with them to provide some solutions.
- Encourage them to explore their own interests.

Work through conflict together

- Listen to their views and try to sort out conflict calmly.
- Never discuss an issue while you are angry. Walk away and calm down — you can talk about it later.
- They might be struggling to be independent. Empathize with their desire to assert independence, rather than attempting to be in control.
- When you are feeling stressed, show them how you deal with your difficult feelings.
- When there is conflict, take some time to reflect on how you both can resolve it.

Other useful sites

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/#ways-to-support-a-child-or-young-person>

<https://www.youngminds.org.uk/parent/>

Ref: <https://stephadam.co.uk>