

# Children's Mental Health Box

## A Parent's Guide





Hello Parents!

Welcome to your Mental Health Matters box.

I would like to start by introducing myself, my name is Samantha Cauldwell. I am fully qualified Therapist and have multiple qualifications in childcare and education, child psychology, life coaching and counselling, mental health first aid, holistic healing and I have 1000's of client hours under my belt dealing with many issues our children face today ranging from anxiety, family trauma and troubled minds all the way to coping with grief.

I am also a mum of 3 amazing humans!



I have put this box together because I recognise now more than ever before that our children are struggling with their mental health and there simply isnt enough support out there! We can change that and I'm already having great success from the feedback received already!



Together we can make a change.



In the box you will find a few tools to help children regulate their emotions:

First of all, I want to start with the box itself... you might look at it and think its just a simple cardboard box but actually, if you look inside you will find 2 large monster stickers and a few other crafty bits for your child to transform this box into a worry box.



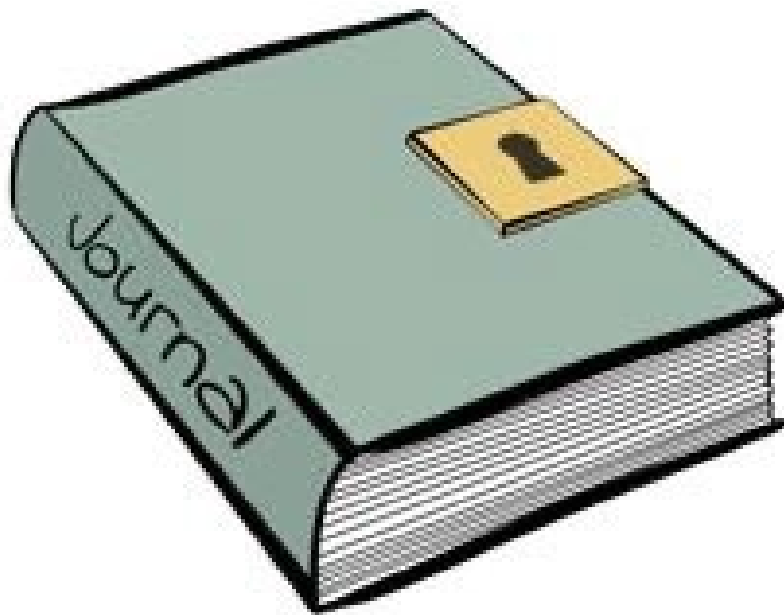
A worry box gives the child an outlet for his/her thoughts, a safe space to say whatever is in or on their mind.

I use the worry monster method, and have had great success with this method. We decorate the box covering it in monsters and inside is their very own monster to colour in.



The idea is for your child to write down their worries/thoughts on a note pad provided and put them in the box for the worry monster to eat.

## Keeping a Journal



I have added a journal to the box. On the inside of the journal there is a couple of daily tasks to complete, this is called mood tracking. It helps us to find patterns in behaviours and feelings and helps us to figure out what triggers them and how to use the best approach and technique to establish effective therapy.



This can also be used to just simply have a place to vent when they most need to.

## Affirmation cards



I love these and all the children I work with really enjoy making these too.

These are little daily reminders that “you are brave” or what ever your child needs help feeling confident to get through the day.



## Fidget toys



Fidget toys are fantastic tools for self-regulation to help with focus, attention, calming and active listening. They come in all shapes, colours and sizes and forms.

I have put a couple of these in the box for your child to enjoy and use.



## Anxiety wristbands

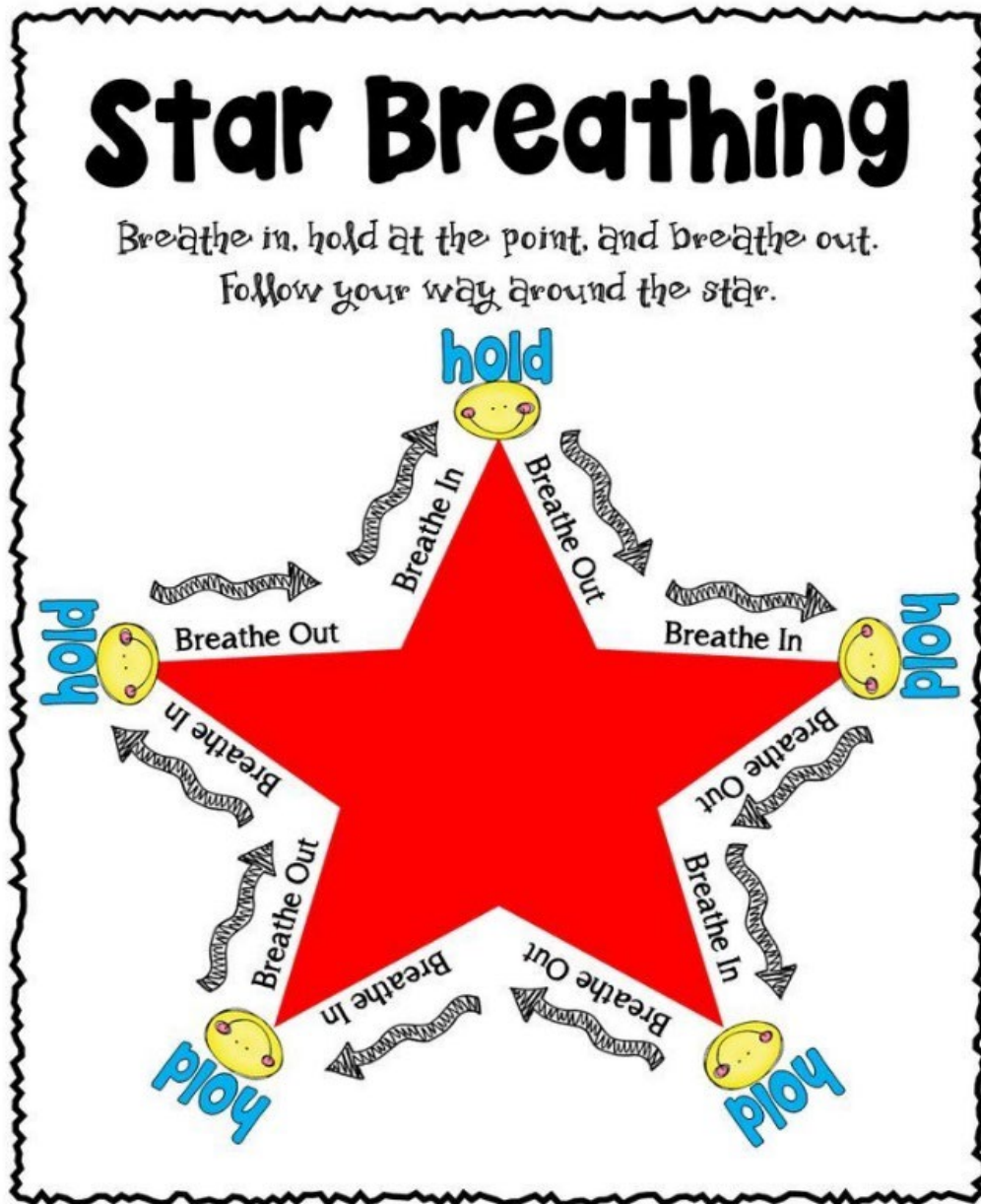


An anxiety wristband is designed to take you out of your own head and snap you back to reality;

- Choose your band that you want to wear every day. It could be your favourite colour, design etc.
- Decide what you want to say to yourself- e.g. 'I am not going to let anxiety control me' or 'I can do this! I'm strong and I'm brave!'
- Use it as a reminder to do the controlled breathing techniques (I will explain further down)
- Simply twang the band gently 3 times when you start to feel anxious, this will remind you of its intended purpose.

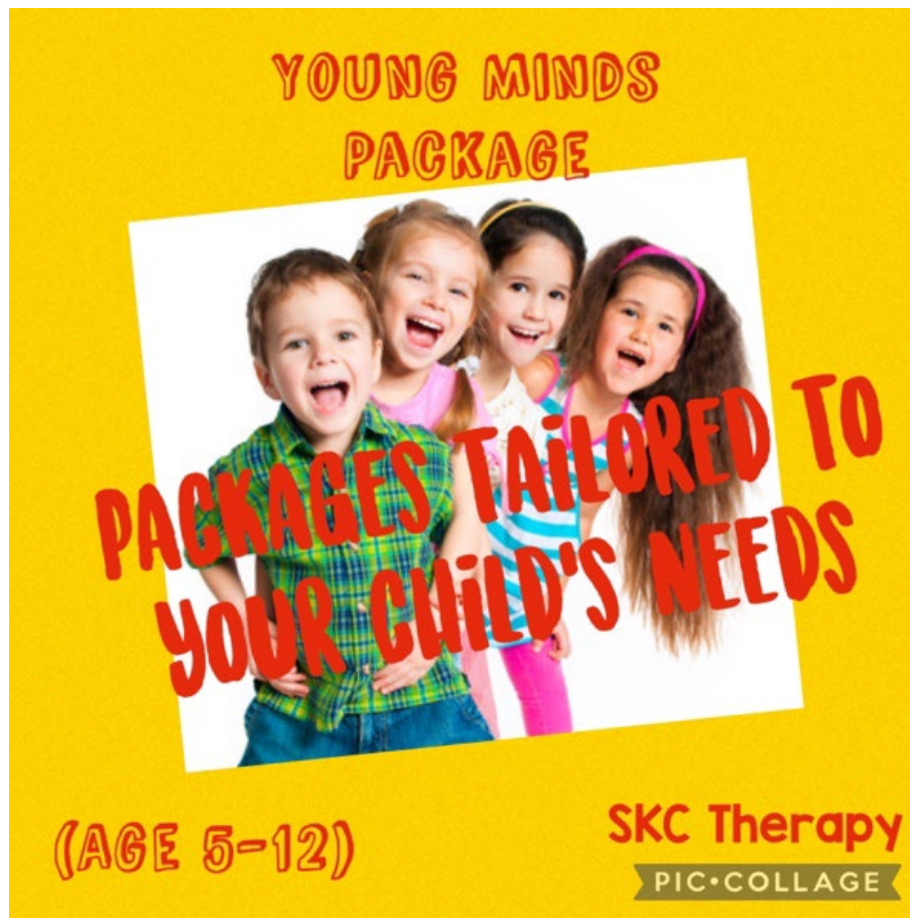


## Controlled Breathing Techniques



Controlled breathing techniques, the picture above is just one example of a breathing technique, it is perfect for children as it is super easy to remember in times of panic. I can teach them different styles to suit them individually.





and finally.....

I offer package deals for integrative and tailored therapy for children between age 5 years and 12 years, where we will do activities like this together, combined with other techniques like CBT and effective talking therapies to establish coping mechanisms and resolutions.

Please feel free to contact me on 07947547876 to discuss therapy options and bookings or visit my website [www.skctherapy.com](http://www.skctherapy.com).

I hope your child enjoys this box and finds it's contents helpful. After all, it's all about them!