

PARENT WELL-BEING SUPPORT

Looking after your own mental health and focusing on your own self care is an important part of being a parent. Sometimes this can look like learning more about your child's disability, connecting with other parents, spending time doing the things you enjoy or asking for help. Below there is some information about the support available to you.

FAMILY HUBS

A family hub is a place where children, young people and their families can go when in need of help and support. The people working in the family hub will help you find and get help from different services in the area and will be able to give you information, advice and support.

<https://www.coventry.gov.uk/familyhubs>

USEFUL WEBSITE

Young Minds - Parents Helpline and Webchat

Here you can find resources and a parent's helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

UNCOMING WEBINAR

MANAGING BEHAVIOUR INFORMATION SESSION BY THE COVENTRY SCHOOL NURSING TEAM.

4th of July 2022 11-- 12 am:

<https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327350162147>

19th of July 2022 10 - 11 am:

<https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327402699287>

Booking through Eventbrite. If you need help with this please contact me.

RECOMMENDED BOOKS



- The Cracks that Let the Light In: What I learned from my disabled son by Jessica Moxham
- Day by Day: Emotional Wellbeing in Parents of Disabled Children by Joanna Griffin

PRACTICAL EXERCISE

The Stress Bucket

We all experience stress to some degree. Some stress can be good, it can push us to work hard. But too much stress can make us feel overwhelmed, and prolonged stress can eventually lead to problems. The stress bucket is a way to visualise this. Above the bucket are clouds - the things that cause you stress. These rain into the bucket and gradually fill it up. You release the stress by doing things you enjoy or that help you to stress less. Complete your own stress bucket below. Identify the things that cause you stress (the clouds) and the things you do to manage them (your taps).



Developed from an idea by Brabban and Turkington (2002)