



Parent Wellbeing Support – 15 Top Tips

Create quality time together

Make space for regular, uninterrupted moments—cooking, walking, or chatting—to strengthen bonds.

Label and validate emotions

Help children name their feelings—this fosters understanding and growth.

Engage in creative or mindful activity

Cooking, journaling, or drawing can open pathways for expression.

Avoid excessive pressure

Focus on connection, not perfection—aim for 'good enough' parenting.

Check in on your own wellbeing

Look after yourself—healthy parents support children better.

Maintain predictable routines

Mealtimes, bedtime, and family check-ins provide children with a sense of security.

Model healthy emotional regulation

Show how you manage stress and talk through your own coping methods.

Teach gratitude and positivity

Share something you're thankful for daily at dinner or bedtime.

Pause before reacting

Take a breath before responding in tense moments.

Use art, play, or journaling

Children may express themselves better in creative ways.

Encourage open conversation

Ask caring questions and listen without immediately trying to fix things.

Keep screen time balanced

Encourage play, nature time, or board games—unplugged moments matter.

Support their interests

Encourage hobbies or passions—even if they're different from yours.

Talk about mental health openly

Share coping methods and show it's okay to struggle sometimes.

Seek external support early

If concerns persist, reach out to professionals—help is available.

Useful Wellbeing Websites

YoungMinds – Parents: <https://www.youngminds.org.uk/parent/>

NHS Every Mind Matters: <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Kids Mental Health Foundation: <https://kidsmentalhealthfoundation.org/mental-health-resources/mental-wellness/building-connections-with-kids>

Place2Be: <https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/>

HappyMaps: <https://www.happymaps.co.uk/>

Parenting Mental Health: <https://www.parentingmentalhealth.org/>

Barnardo's: <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health>

Papyrus UK: <https://www.papyrus-uk.org/>

Family Lives: <https://www.familylives.org.uk/>