## **HOW TO SUPPORT YOUR** ePerforn WITH SCHOO Believek m elieveReriorm erfo eveRerform form Believel Belie m @BELIEVEPHQ Listen to what your Talk to the school. Get some extra support. Speak to your GP or local child has to say. Be Don't be afraid to patient and express your understanding with concerns to teachers mental health charity If your child is Let your child know Help them to worried help them that you are there challenge negative to problem solve to support them. thoughts in a and come up with Show them love and thought diary rational solutions affection Work through some Make sure your Encourage your relaxation skills with your child. Why not child is looking after child to think their physical realistically about a try some deep wellbeing (Sleep, situation breathing together? exercise, food) Encourage healthy and Encourage helpful thinking autonomy and independence. Develop their restience Allow your child to make mistakes and Try and limit the to be creative. Help amount of them to learn from reassurance that mistakes you are giving your child erform BelieveP