



Parent/Carer Resource

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Wellbeing



**We hope these suggestions might be beneficial to you.
Please let us know if you would like to add something that you
would recommend to other parent/carers.**

Talk to Peers

Talking to other people who are in a similar situation can be a huge relief and a great help to relieve feelings of stress. Parents find that getting things off their chest and talking things through with parents who have had similar experiences can be a huge comfort. There is great wisdom to be gained from other parents. The sense of understanding and acceptance is liberating. This is part of the function of our coffee mornings. Sometimes groups are for parents only, others offer play opportunities for children too.

Local Support Groups/Services

Support groups offer important emotional and practical support to families close to home. They also give parents and carers of disabled children the opportunity to meet other families in similar circumstances. While some local support groups are set up by professionals, many are run by parents and carers of disabled children. Meeting other parents and sharing experiences lessens the isolation felt by so many parents and provides opportunities for children to mix. There are a range of services locally which can offer support to the whole family.

Seek Treatment

If stress and anxiety are really becoming a problem, it's important not to ignore it and hope it will go away. Parents should seek help and talk to their GP, who can help them access counselling or can prescribe medication if necessary. You can self refer for mental health support;

Know your rights and seek advice

Knowing your rights and getting advice from relevant statutory or voluntary organisations can help families feel more in control and better able to cope with life's stresses and strains. Information such as how to appeal a decision about a child's benefits award, or how to challenge a school or local authority's views of their child's SEN, or advice about flexible working and rights to time off, is invaluable in reducing parents' feelings of frustration.

Short Breaks

Sometimes families benefit from having a short break. A child can benefit from a change of scene and enjoying fun experiences with friends, away from the family. Parents are able to spend time with other children, catch up with friends and do everyday tasks. Without an occasional break parents are likely to become completely exhausted or even unwell.

Self Care

Prioritising ourselves can be difficult when there are so many demands on our time and energy but in order to continue caring well for our children parents need to look after themselves too. Whether that is eating well, finding ways to relax, exercise, rest, building resilience, spending time in nature or with friends, being creative, having fun! Even short bursts of self care taken frequently have a positive effect on our mood and energy. Even better when these are shared with others.

Please see the reverse for information relating to these topics.