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Be Accepting



In this issue:

- The importance of acceptance.
- How to encourage kids to share their feelings.
- The importance of accepting other people's differences.
- Self-care guides

This issue of the Be You newsletter is all about the power of acceptance...

Feeling accepted is fundamental to children's and young people's development and well-being. When children and young people feel accepted they are more likely to share how they are feeling and feel connected to those around them. Feeling accepted can also help children develop healthy self-esteem.

Teaching our children to accept others' differences is also importance in todays world. Acceptance helps to foster empathy, reduces bullying and prejudice, and helps children to develop social skills.

Being accepting of people's differences and celebrating differences

How do differences benefit us?

- It helps us to be more understanding!
- It allows us to take part in new experiences such as trying new food and activities.
- By listening to people different from us, it allows us to learn new ideas.
- It would be boring if we were all the same!



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Be Accepting

Acceptance involves embracing children and young people for who they are, all their unique qualities including their strengths and weaknesses, focusing on understanding and validating their emotions and experiences. Parents can create a safe space for children and young people to express themselves, providing unconditional love and support, even when they make mistakes or face challenges.

Practising acceptance helps build trust, self-esteem and a sense of self-worth. Feeling accepted and understood by their parents, children feel positive about themselves and confident in their abilities. This can be done through **active listening**: giving your full attention and showing interest in what they are saying, **validating emotions**: acknowledging how they are feeling and letting them know their feelings are important, and **avoiding judgment**: not criticising, instead focusing on understanding their perspective and finding constructive ways to address any concerns.



If your child has an **emotional outburst** focus on validating their feelings rather than the behaviour you see, through speaking calmly and gently to show you're trying to understand. Think about your tone of voice and body language – could they be picking up on your emotions or stress? It does not mean you have to accept the behaviour if this is harmful to themselves or to another person. You can limit the behaviour while at the same time be understanding and accepting of what's driving the behaviour. Where there is **sibling conflict** be curious about each point of view, encourage them to express their thoughts and feelings, listening to both sides, try and help them find common ground and understand each other's needs.

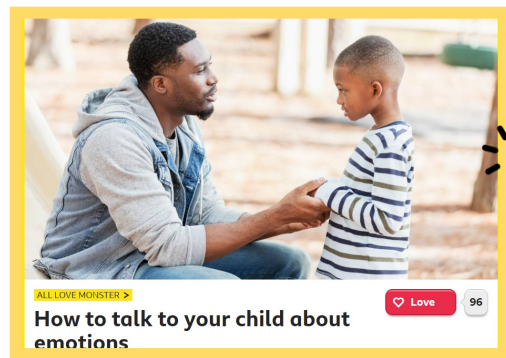


Feeling rejected or excluded by other people or friends is challenging for children, let them know it's natural to feel hurt, reassure them their emotions are valid and you are there to support them. Ask open questions ('what do you think happened...?') to understand their perspective and help them process their emotions. Acknowledging the things that feel 'big' to them but may seem small to us is important.

Because life is busy and stressful, it can be a challenge to be able to apply this all the time, in the moment. It's a good idea to think ahead about any tricky tasks or situations to prepare how you could respond and manage your own triggers to help you stay calm.

How to encourage kids to talk about their feelings:

- Help your child to build their emotional vocabulary. Help them to identify and name their emotions beyond 'happy' or 'sad'. Use words like 'excited', 'nervous' and 'frustrated'. Visual aids like an emotions chart can help children to identify how they are feeling
- Help them to manage their 'big emotions' and teach them coping skills. Guide them through their problems and help them to find solutions. Breathing exercises and mindfulness techniques can help children to manage strong emotions in the moment, it helps them to regulate.
- Daily check-ins. Make it a habit to ask about their day and how they felt through different parts of it. Use open-ended questions like 'what made you happy today'



BBC How to Talk to You Child About Emotions

The BBC have produced a nice guide for parents around talking to your child about emotions. There are also some links to some activities for younger children to learn about making connections between their feelings, bodily sensations and thoughts.

Action For Children

Have produced a "How can I help my child deal with their emotions?" guide. They also offer a "Talk to a parenting coach" service.

Talk to us

Talk about the issues that are worrying you with a parenting coach. Use webchat or WhatsApp to have a free and confidential chat.

Talk to a parenting coach



Action for Children

Family Hubs
Here for everyone

Search...

Northumberland County Council

What we do Supporting you Start for Life Useful contacts Blog

Courses available:

- 1a. Understanding pregnancy, labour, birth and your baby (Antenatal)
- 1b. Understanding pregnancy, labour, birth and your baby: for women couples (Antenatal)
- 2. Understanding your baby (Postnatal)
- 3a. Understanding your child (0-19 years) (Main course)
- 3b. Understanding your child with additional needs (0-19 years) (Main course)
- 4. Understanding your teenager's brain (Short course)
- 5. Understanding your brain (for teenagers only!) (Short course)
- 6. Understanding your feelings (for teenagers only!) (Short course)
- 7. Understanding your child's feelings (A taster course)
- 8. Understanding your child's mental health and wellbeing (Accompanies 3a. and/or 3b.)
- 9. Understanding your relationships

Solihull Approach e-Courses
Northumberland County Council has partnered with the Solihull Approach to sponsor FREE online courses developed by psychologists and professionals. These courses are designed to help you understand your child's feelings, as well as focus on your own feelings as you go through life as a family. You will also learn to understand the changes in your child's development and how to make the most out of each relationship.

Helping our children to express their feelings is an essential part of emotional development and mental health and wellbeing. Why is it important?

- When children learn to express how they are feeling, they develop a better understanding of themselves and others. It helps them to develop emotional intelligence and build positive relationships with others.
- Bottling up emotions can lead to anxiety, low mood and stress.
- Talking about emotions helps children to develop problem solving skills. Talking to our children about how they are feeling helps them to understand their problems and think of solutions.
- Open communication about emotions helps us to build trust and strengthen our relationships.

Six Self-Care Tips For Parents

With the Summer holidays every quickly approaching, it can be very easy to begin to think of all the ways we are going to try and entertain our children for the next six weeks! Somewhere amongst all these plans, let's not forget to carve some time for ourselves! The BBC have produced a self-care for parents guide with some useful tips for looking after our own wellbeing.

The power of self-care

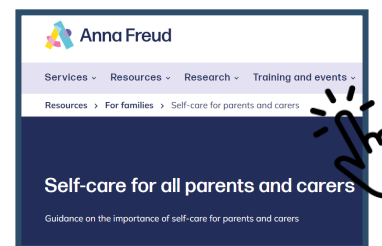


Cygnus Support "How Can I Help Myself?" Wellbeing Guide

Lots of useful hints and tips to support the wellbeing of parents and carers. Well worth a read!

Self-Care For Parents and Carers

The Anna Freud Centre have made a self-care guide specifically for parents and carers with some practical tips for promoting positive wellbeing.



Supporting the mental health of children, young people, and adults in your community

