

Quick Tips for Using the Healthy Minds Reading Collection with Your Child

Have a notebook and pens handy

Encourage your young person to write down ideas from the books or strategies they may wish to try

Allow your young person to read the materials independently

Show interest in the book and encourage them to share their reflections with you

Speak to your young person where they feel comfortable

Speaking about difficult emotions can feel easier for teenagers when they are engaged in an activity or not making eye contact, such as when travelling in the car

Encourage your young person to incorporate reading as part of their routine

Emphasise that reading can be relaxing and is less stimulating than spending time on electronic devices like their phone!

Get help if your child is struggling

If you are concerned about your child's mental health, advice and support is available on the back page of this leaflet

Engage in self care

Containing your child's difficult emotions can be challenging, so ensure you speak to your support network and make time for activities you enjoy!

For more support

The healthy minds reading collection may be helpful for mild emotional and mental health difficulties.

If a child or young person's difficulties are more serious, have continued for a long time or continue after trying the healthy reading books, please contact the child or young person's GP, nursery or school professionals to discuss other supports that might be helpful.

If you have **urgent concerns about a child or young person's mental health** you should contact their GP or NHS-24 by phoning 111.

Other Helpful Supports:

Childline

Phone: (Free) 0800 1111
Web: www.childline.org.uk

Breathing Space

Phone: (Free) 0800 83 85 87
Website: <https://breathingspace.scot>

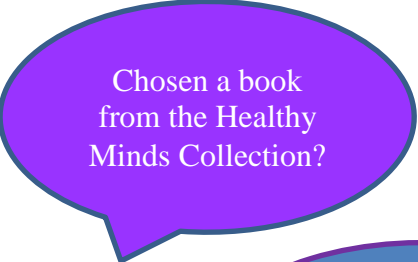
Parentline Scotland

Phone: (Free) 08000 28 22 33
Website: www.children1st.org.uk/help-for-families/parentline-scotland


AyeMind

Website: <http://ayemind.com>

Healthy Minds Reading Collection



Chosen a book from the Healthy Minds Collection?



Pick up this guide about supporting your child to use this!

For Parents of Children Aged **12-18**

Developed in partnership with Glasgow City Libraries and the NHS GG&C Early Intervention TIPS Project



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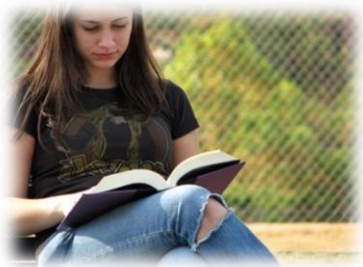


NHS
Greater Glasgow and Clyde

Emotional Development in 12 – 18 Year Olds

Between the ages of 12 and 18, teenagers thinking styles become much more sophisticated. They will begin to develop their own opinions and ideas about various social, moral and political issues. During this age range, young people typically become more detached from their parents as they form closer bonds with their peers. They may gain a better understanding of their emotions but can sometimes struggle to express them appropriately. They may internalise their feelings more and their emotions may be less obvious to parents and carers.

We recommend that you allow your teenager to access your chosen book independently. Use the book as a conversation starter for speaking about their own experiences. Although they may not need you to read through the book with them, it is important to remember that teenagers still need a parent or carer to provide support and help contain their difficult emotions.



Supporting Your Child to Use Fictional Books

Fictional books are useful for normalising your teenager's feelings about common life experiences. The fictional books in the collection have been chosen as they cover a range of common experiences that young people may find stressful or upsetting, including hormonal changes, bullying, parental separations and bereavement.

Reading fiction where the characters are experiencing similar life stressors to them can be especially helpful for teenagers as they become less reliant on their parents. We know that peer comparison is especially important for this age range, so it can be very useful to have a character that they feel they can relate to!

When you have chosen a book, allow your teenager to read this independently. It is a good idea to understand the general plot so you can ask your young person to share their feelings about the story. Use open questions like 'what did you think about that?' to encourage your young person to explore their thoughts and feelings. Ensure that your young person knows you are there to speak to if they need advice or support about any of the issues raised by the book.

Supporting Your Child to Use 'Self-Help' Books

Although your teenager will most likely wish to read their 'self-help' book by themselves, it is a good idea to ensure you read through the book first, so you have a good idea of the recommended strategies.

The self-help books included in the Healthy Minds Collection are based on the Cognitive Behavioural Therapy approach. These books encourage your child to think about the link between their thoughts, feelings and behaviour.

Ensure that you discuss the ideas with your child and encourage them to reflect on their own experiences. You may have some insight into why they are feeling/thinking/behaving in a certain way and using the strategies in the books you can support them to reflect on this. Encourage them to write down useful tips or ideas they find in the book and ask if you can support them to implement these.

As your teenager is likely to engage in the self-help material more independently, you may feel less involved in the process. However, it is important to ensure that you remain non-judgemental and are encouraging if your child opens up about their feelings and experiences. Praise their efforts to try new strategies and remind them of the importance of practicing these!