

Safeguarding and Wellbeing

Children's Mental Health Week 2026

As we mark the end of Children's Mental health week with our Wear your SCARF day we wanted to share some fantastic resources for families around Children's Mental Health. Our PSHE provider, Coram Life, have excellent resources for families, particularly through their connection to the organisation ***Nip in the Bud*** -



We are Nip in the Bud®

Learning about Children's Mental Health through Film

Nip in the Bud® works with mental health professionals of the highest standing to produce FREE short evidence-based films, fact sheets, blogs and podcasts to help parents/carers, primary school staff, teacher trainees and others working with children to recognise potential mental health conditions. The goal is to increase early intervention so the negative impact of conditions can be "nipped in the bud" to avoid them becoming more serious in later years. Our films and resources cover expert Information on many conditions and mental wellbeing topics, Real Life Experience, Emotional Wellbeing and Practical Guides.

<https://nipinthebud.org>

They have a wide range of short films, fact sheets, blogs and podcasts about a wide range of areas that all impact children's mental health.

Films for Parents & Carers

The short films and accompanying fact sheets below have been prepared to help parents and children who may have a diagnosis, may be showing symptoms of a potential mental health condition or may be struggling as a result of the Covid 19 pandemic.

Child Mental Health Conditions

Neurodivergent Conditions

Wellbeing

More Info

Some examples of their resources are below

Managing Anxiety around School with Dr ... Watch later Share

Nip In the Bud

Managing anxiety around School with Dr Jess Richardson

Watch on YouTube

Managing Anxiety around School

Do your children sometimes feel anxious about going back to school especially after longer holidays like Christmas, Easter and the Summer. Listen to this under 5 minute video in which Dr Jess Richardson, Senior Clinical Psychologist, shares helpful tips for Parents. Find out more by reading our [Managing Anxieties Around School Fact Sheet](#).

Watch Now

They cover a huge range of topics and areas where you might need advice and practical tips to help manage your child's mental health concerns.

Managing Anxieties Around School Fact Sheet

Here are some suggestions for parents if children are struggling to go to school or feel anxiety in the lead up to going back to school after holidays or are anxious about moving to a new school or class.

Giving time and space to your child

Create a culture in the family where emotions are talked about. Make time daily to be with your child without other distractions, to enjoy time together and to have conversations. This opportunity sometimes leads to a child sharing concerns.

Modelling calmness

Parents may be struggling with their own worries. Be aware of how you model your own anxiety.

Listening and validating

Listen to your child. Hear what their concerns are. Acknowledge their feelings and let them know that you know it's tough for them.

Limit reassurance

Asking questions is helpful but giving excessive reassurance is not. It's very tempting to give lots of reassurance to your child, as it may relieve anxiety in the short term. In the long term it keeps it going. Instead listen and ask them what they think, and what they think will help.

Deferring worries

Children can be encouraged to make a list of worries and have an agreed deferred time to worry about things on their list. For example, at 4pm spend 30 minutes discussing the worrying. This can help to contain worries, and often the worry feels less distressing at this deferred time.

Encourage a growth mindset

Help children to recognise that building tolerance of uncertainty can help them manage their anxiety and develop their growth mindset. It is like building up 'mind muscles'. Encourage children to ask questions, and support skills in problem solving so they can consider their own solutions.

Rewards

Use rewards to help children manage their anxiety about getting to school and managing at school. This should be age appropriate and not too expensive.

Mental Health Conditions	Neurodivergent Conditions	Practical Guides	Emotional Wellbeing	More Info
Anxiety	ADHD	Tips for parents	Grief & loss	Real Life Experience
Depression	Autism	Early Intervention Series	Coping with Stigma	Podcast
OCD	Conduct Disorders/ODD	Barriers to Learning	Smartphones: A Stolen	Fact Sheets
PTSD	Dyslexia	Families Under Pressure	Childhood	Resource Library
Eating Disorders		UK Trauma Council Resources	Managing Anxiety around school	Join our mailing list
Why is my child self-harming?			Colour Coding Emotions	
Trauma			Feelings Wheel for Children	
Body dysmorphic disorder			Random Acts of Kindness	
			Mindfulness in Nature	