

**INFORMATION SHEET**

**Tips for Parents**

**When your child/young person is struggling with a confronting or hurtful issue:**

1. Take a deep breath- close your MOUTH and open your EARS
2. Listen carefully without much comment but SHOW your calm concern (even if you are shocked as you can get support a bit later on!)
3. Check you have the RIGHT STORY from them – “*Sweetheart or son, am I right when I say the main issue you are telling me about is…..”*
4. Ask how he or she is FEELING about the situation
5. Ask WHAT are they MOST UPSET and WORRIED about?
6. Let your child /young person know that you really FEEL for their situation
7. Check WHO has been the TARGET/ VICTIMISER/ BYSTANDER in their Situation. Were there any UPSTANDERS? If so how did they help?
8. BRAINSTORM together- what would HELP their situation and come up with a PLAN
9. Sleep on this and review this PLAN in the morning
10. ACTION the Plan
11. CALL IN THE TROOPS if need be
12. Talk to your school Principal or Welfare person and support CASSE activities at your school
13. Follow up
14. TLC time for your child/young person
15. Talk to a support person- friend/ family about your own worries re this

**When to Worry:**

* If your child has become withdrawn from friends/ family
* If you child is having trouble sleeping or stays in bed for long periods during the day
* If your child is eating a lot more or less lately
* If your child ‘s standard of school work has dropped & teachers are concerned
* If your child seems reluctant to go to school or favourite sports/activities
* If your child seems depressed or miserable or cranky
* If your child is hurting himself or is involved in risky behavior
* If you notice that school books uniform etc are often “lost” or coming home damaged

If you notice several of these OR feel concerned that your child seems DESPERATE

or DESPAIRING see your GP ASAP for a referral to counselling by an experienced child/adolescent counselor, therapist.

**Prevention is always better than cure!**

* Set up a time and place for both of you to have regular chats/updates so you keep up the communication between you even when they are in their teens.
* Talk openly about your own struggles so your child knows you are HUMAN too and not perfect! (Your teenager will already have let you know this!!)
* Chat to other parents and support your school community with CASSE to promote a peaceful safe and friendly school community for kids, teachers and parents
* Check out counselling for yourself if the going gets TOUGH for you as a parent. Many parents find this helpful at some stage! You are NOT ALONE with this!

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CASSE AUSTRALIA

This resource and further information about Creating A Safe Supportive Environment is available to download at [**www.casse.org.au/resources**](http://www.casse.org.au/resources).

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