



Larkin Community College  
Coláiste Pobail Lorcáin

# Parent Support

## FOR WHEN YOU ARE WORRIED ABOUT YOUR CHILD



**A:** Acknowledge that you can see they are struggling/ hurting.

**S:** Show them your love and support.

**H:** You are available to **Help** them get through this and until they feel themselves again. Get them support (both informal and professional).



**CDET B**  
Bord Oideachais agus Oiliúna Chathair Bhaile Átha Cliath  
City of Dublin Education and Training Board

Worried on a scale of 1-10

If you are very worried (1-7 on the worry scale) about your child and they are not opening up to you. Ask someone they trust to check in with them. Leave them messages to let them know that you care and are there to help.

Let them know that you want to help and that you will get them support. Discuss your concerns with your GP. Bring your child to the GP with gentle persuasion.

Sometimes young people prefer to speak to someone outside the family about themselves. Help them to access counselling support and go with them for moral support.

### Counselling Support for your child

Teen Counselling	01-8360011
Jigsaw	01-6583070
Pieta House	0818 111 126
Pieta (if you are in crisis)	1800 247 247

[www.docchildandfamily.ie](http://www.docchildandfamily.ie) for info on counselling for children & their families.



## Important Contact Numbers

### For parental advice

Help is available. You are not alone.

ParentLine 1890 927 277  
Mon-Thurs 10am-8pm and Fri 10am-4pm

St. Pat's Information Line (01) 249 3333  
Mon-Fri 9am-5pm

Barnardos Parent Support 1800 910 123  
10am-2pm  
[parentsupport@barnardos.ie](mailto:parentsupport@barnardos.ie)

If you are worried sick (8-10 on the worry scale) and you think your child is at risk/ suicidal.

- Ask them if they plan to hurt themselves? If yes -
- Call Emergency Services on 999/ 911 and stay with them until help arrives. Go to the A&E with them. Reassure them that you will get them support to figure this out.
- If No – make a plan to keep them safe in case they feel worse at any stage.

You have done your best to keep your child safe in the pandemic. If they are struggling – here's a few reminders and tips to support you and your child.

## REMEMBER...



1. Model CALM for your child and help them to feel SAFE (even if you are worried about them). Children and young people mirror their parents emotionally—feelings are contagious. \* Take slow deep breaths when you feel overwhelmed.

2. Reassure your child that you are there for them. Show them you care by making time to listen. Don't minimise or deny their feelings or your own. Let them know that it's ok to feel upset and that things will get better. Speak from the heart and let them know that they are loved.

3. Let them talk it out. Make time and start the conversation with them. Listen to their fears and concerns. Label and validate their feelings by checking that you are hearing them correctly. Be available physically and emotionally.

4. Maintain a routine. This is vital for everyone's mental health.



5. Have regular check-ins where you agree how you are going to support each other and get through this together. Agree on how you will deal with misunderstanding/ arguments.

6. Keep an eye on their social media activity. This can be a major source of anxiety for teens especially.

9. Do something special together. Start a project together or shake off stress by moving. Exercise is great for beating stress. Try walking and talking with your child. Sometimes they find it easier to open up if they are not in the spotlight and busy doing something else.

10. Stay healthy – encourage your child to eat well and get about 8 hours sleep. Negotiate phone/TV cut off times together.

11. Name the positives out loud and list the things that you are grateful for. Encourage your child to write this down somewhere they can see it when they need reminding.

12. Give them HOPE. Create a HOPE KIT with your child. This is a collection of meaningful items that act as a reminder to the student of the people, activities, symbols important to them. Examples: pictures of pets, artwork made by/ with family/ friends, awards, letters/ cards from friends or family members, faith based items, coping cards, inspirational quotes, gratitude diary...

## EXPRESS YOUR FEELINGS. DON'T BOTTLE UP

Get a few minutes to yourself every day. Write down how you feel somewhere private. This really helps in stressful times.

Fearing the worst is normal. Counter these thoughts and feelings with positive self-talk and positive action to support your child..

It is normal to be worried especially when it comes to our children so set up a worry window for yourself where you write down all your worries of the day and give yourself permission to think about them during this specific time instead of worries consuming the whole day.

Stay positive. You have survived lots of challenges and you will get through this.

Self-compassion– treat yourself as you would a best friend.

Monitor your own stress levels and mind yourself.. Debrief with someone you trust.

Who can you contact to support you during this time?

