



Supporting Your Child When They Are Feeling Sad

It is normal for your child to feel sad or down from time to time, especially when they experience challenging situations.

Look out for signs of low mood and distress (e.g. irregular eating and sleeping habits or social withdrawal). If your child experiences these signs most of the time for more than two weeks, you may want to try these tips:



1 Make time to listen and understand what your child is experiencing. Let them know you are concerned about them and want to be there for them.

You seem to be down. How long have you been feeling this way? What's troubling you?



5A Guide your child to identify and acknowledge unhelpful thoughts through exploring whether these thoughts are true, and whether there could be alternative explanations.

E.g. if your child expresses that they can never do well in exams, acknowledge their thoughts and feelings. Then guide them to challenge these thoughts.



2 Listen attentively and keep an open mind. Sometimes, instead of advice, what your child needs is a listening ear.

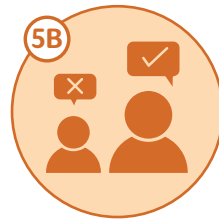
Thanks for sharing this with me. It makes sense why that would make you feel down.

I hear a lot of negative thoughts, like thinking you're not good enough. What makes you say that? Do you have anything that confirms or challenges this thought?



3 Explore with your child possible ways to solve the problem or make things better.

Let's figure this out together by breaking the problem down into smaller parts.



5B After identifying and acknowledging these unhelpful thoughts, guide your child to replace them with helpful thoughts to encourage them to learn from their experiences.

What is a more helpful thought to replace that negative thought? What would you say to a friend who is struggling with a similar issue?



4 Encourage your child to connect with others and pursue hobbies or activities that are meaningful to them.

Shall we go to the pop-up event that you were interested in this weekend?



you've got this!