5 small ways to make a BIG difference
• Vice Chair – children & young people’s mental health coalition - UK

• PhD in child and adolescent mental health

• Focus on practical strategies..

• …& policy change

• Lived Experience
1. Role Model
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- Healthy coping
- Emotional regulation
- Self-care
- Help seeking
Children are great imitators so give them something great to imitate.
2. Pillars of self-esteem
• Everyone needs multiple pillars
• Encourage passion
• Celebrate diversity
• Discuss – what makes you ‘you’ &
• What if that was gone..

2. Pillars of self-esteem
It’s not who you are that holds you back, it’s who you think you’re not
3. Know when to worry
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• Diet vs eating disorder
• Exercise vs obsession
• Coping vs copying
• Can they take a day off?
• Are they controlling it or
• Is it controlling them?
Don’t waste your worry where it isn’t needed. Worry wisely.
4. Care out loud
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• Don’t assume a child knows they’re loved
• Show and tell
• Persist
• Pay meaningful compliments
• Make time - quality not quantity
Behind every child who believes in themselves, is an adult who believed first.
5. Signpost Support
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• Highlight safe sources of support
• Online and offline
• Explain what will happen next
• Use different channels
• The power of toilet doors
Asking for help when needed is a sign of true strength.
1. Role model

Pillars of self-esteem

Know when to worry

Care out loud

Signpost support
What made the biggest difference? It was none of the things you expect me to say... it was the teacher who smiled at me every time he passed me in the corridor. That was it. All he did was smile; but I was drowning and his smile was like a life ring.
Dr Pooky Knightsmith

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