

I am worried that my child is being bullied at school.

- Talk to your child about their school life and friends.
- Tell your child that bullying is not acceptable. Explain that it's not their fault.
- Stay calm. Find out about the school's policy on bullying. Don't approach the child or family yourself.

My child gets anxious. What can I do to help?

Anxiety can be a normal part of growing up.

- Acknowledge your child's fear. Don't ignore or dismiss it.
- Gently encourage your child to do things they are anxious about – but don't push them.
- Praise your child when they do something they have been anxious about.

# Strong Minds

## FAMILY WELLBEING SUPPORT SERVICE

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TOGETHER FOR A BETTER FUTURE

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Australian Government  
Department of Social Services



# Strong Minds

## FAMILY WELLBEING SUPPORT SERVICE

A program to improve the social and emotional wellbeing of children, young people and their families.





# Strong Minds

The world is a challenging place, and many children and young people can struggle. As parents, we all want our kids to be happy and healthy – and to be able to cope with whatever life throws at them.

The Strong Minds program works alongside your family to build the social and emotional skills needed to deal with life's challenges. Getting support before challenges become too much to handle makes it easier to cope in the long term.

By responding to the individual needs of your family, our program will help work through any difficulties you might be facing.

We help families with issues like...

- Physical Health
- Sleeping
- Daily life
- Parenting
- Relationships
- Work or Study
- Diet and Lifestyle
- Financial issues and/or stable accommodation

**If you think this program can help you and your family, get in touch by calling us on 9724 3807.**

How can I make it easier to get my kids to school?

Having a set routine in the morning helps kids get to school.

- Develop a set morning routine with your child.
- Write up the routine with your child and display it clearly.
- Be consistent and encourage them to follow the routine.

What can I do when my child is sad?

Feeling sad is not unusual for children. You can help them learn to cope with it.

- Make sure they are getting enough sleep
- Make time to talk to them about their day
- Encourage your child to get exercise and spend time outside.