



Emotional wellbeing guide for parents:

FROM EARLY YEARS TO YEAR 13

Emotional wellbeing means feeling secure, valued, and capable of facing life's changes with confidence.

At each school stage, children encounter distinct emotional challenges from initial separation anxiety to academic and social pressures in later years.

As parents, creating an environment of **unconditional love and open communication strengthens self-esteem and builds resilience for life.**





ADAPTING TO CHANGE: KEYS FOR EVERY STAGE

EARLY YEARS (0-5 YEARS)

Stable **routines** and **emotion-expressing** games help manage separation and initial socialisation challenges.

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PRIMARY (6-11 YEARS)

Support **gradual independence**, **validate their feelings**, and encourage healthy friendships and **peer connections**.

SECONDARY (12-16 YEARS)

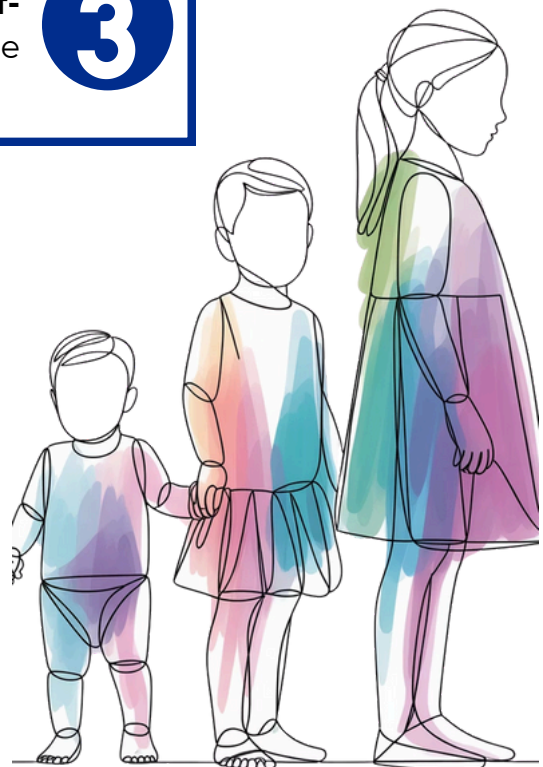
Listen without judgement, discuss **self-esteem** and **physical changes**, prepare them for social and academic pressures.

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YEAR 13 (17-18 YEARS)

Guide **decision-making**, manage **stress** about academic and career futures, and promote **self-acceptance**.





BUILDING SELF-ESTEEM AND CONFIDENCE



PRAISE EFFORT, NOT JUST RESULTS

Help them value the **learning process** and understand that growth comes through persistence and dedication.

NORMALISE MISTAKES

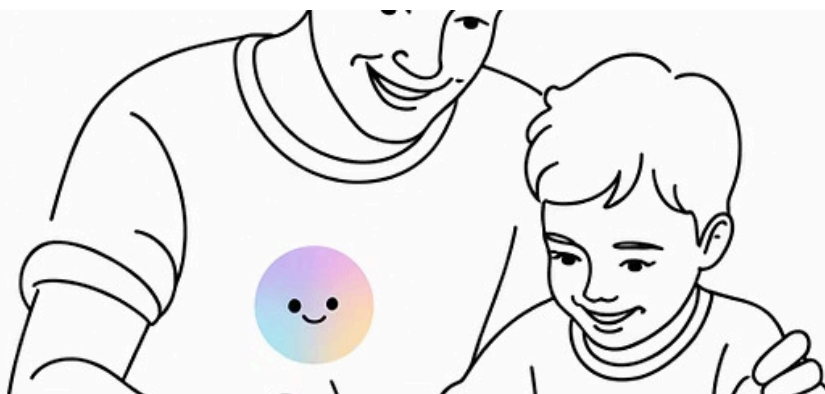
Teach that **making errors** is part of learning and that everyone makes mistakes - it's how we grow.

ENCOURAGE THEIR INTERESTS

Foster **activities they enjoy** and excel at, from sports to arts or community volunteering.

MODEL HEALTHY BEHAVIOUR

Demonstrate how to **manage emotions and stress** in healthy ways through **your own example**.





PRACTICAL TIPS FOR PARENTS: DAILY SUPPORT AND RESOURCES



MAINTAIN OPEN COMMUNICATION

Ask how they're feeling and **listen actively** without rushing to offer solutions immediately.



ESTABLISH PREDICTABLE ROUTINES

Create **structure** that provides **security** and helps **reduce anxiety** in daily life.



WATCH FOR WARNING SIGNS

Notice **changes in behaviour** such as sleep difficulties, irritability, or social withdrawal.



COLLABORATE WITH SCHOOL

Work with **teachers and professionals** if you notice persistent difficulties or concerns.



CARE FOR YOUR OWN WELLBEING

Remember: Looking after your **emotional health** enables you to better **support your child**.