

# Is your child hurting or harming themselves?

## Have they...?

- Got unexplained bruises, sores, cuts or burns
- Become withdrawn
- Experienced a change in behaviour
- Shown signs of low mood, depression, worry or anger
- Expressed self-blaming feelings of failure, hopelessness, or says they are useless
- Avoided swimming or changing clothes around others



It's important that you and your child know that children sometimes intentionally hurt themselves as a way of managing their emotions.

## TOP TIPS

- Talk and listen to your child without judgment. It's important you listen to your child and make sure they feel understood.
- Explain that when in school they can talk and get support from a trusted adult.
- Talk to your child about which emotion they are trying to manage so that you can look for different coping strategies together.
- Try a [distraction strategy to help your child divert the habit](#).
- Listen to mindfulness music or their favourite music and dance it out.
- [Take regular time outs](#).
- Make a mood jar with your child and [use breathing techniques](#).
- Open Minds Calderdale website has lots of resources and advice that will help you and your child [find a solution](#).
- Encourage your child to speak to a professional who can also help (e.g. a GP, counsellor or helpline).
- This can be a very difficult subject for you to discuss and cope with, please seek further help/support for yourself.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to  
[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)