FEBRUARY 2023

Primary Schools Parent Resource List from [They Are The Future](https://www.theyarethefuture.co.uk/) parent support site ([by Everlief Child Psychology](https://www.everlief.co.uk/))

**Anxiety**

Overcoming Anxiety Together: How to Help Your Child With Anxiety

<https://www.theyarethefuture.co.uk/anxiety-symptoms-children/>

Helping Your Child Cope With Worry

<https://www.theyarethefuture.co.uk/helping-your-child-cope-with-worry/>

The Ultimate Parent Guide to Resolving Night Time Anxiety in Children

<https://www.theyarethefuture.co.uk/night-time-anxiety-children/>

Phobias: Supporting Your Child

<https://www.theyarethefuture.co.uk/phobia-supporting-your-child/>

Separation Anxiety at School Drop-Off: The 7 Most Effective Strategies

<https://www.theyarethefuture.co.uk/separation-anxiety-school-drop-off/>

How to Deal with Morning Anxiety in Children

<https://www.theyarethefuture.co.uk/morning-anxiety-children/>

**Emotional Wellbeing**

Stress in Children: Powerful Action Steps for Parents [+ Free PDF Guide]

<https://www.theyarethefuture.co.uk/how-stressed-is-your-child/>

5 Emotional Regulation Activities For Children

<https://www.theyarethefuture.co.uk/emotional-regulation-activities-children/>

When Your Child Won’t or Can’t Talk About Their Feelings

<https://www.theyarethefuture.co.uk/when-your-child-wont-or-cant-talk-about-their-feelings/>

**Self-Esteem, Confidence and Resilience**

Children’s Self-Esteem: Three Actionable Steps to Build It Up

<https://www.theyarethefuture.co.uk/childrens-self-esteem-three-actionable-steps-2/>

10 Best Self Esteem Books For 10 Year Olds

<https://www.theyarethefuture.co.uk/self-esteem-books-10-year-olds/>

8 Ideas For Building Resilience in Children

<https://www.theyarethefuture.co.uk/building-resilience-children/>

**Anger**

Powerful Anger Iceberg Worksheet For Children (Free Printable)

<https://www.theyarethefuture.co.uk/anger-iceberg-worksheet/>

When Your Anxious Child Looks Like an Angry Child

<https://www.theyarethefuture.co.uk/anxious-child-looks-like-an-angry-child/>

Why Is My 10 Year Old Daughter So Moody?

<https://www.theyarethefuture.co.uk/10-year-old-daughter-moody/>

**Autism**

Autism and Relationships: Supporting Young People

<https://www.theyarethefuture.co.uk/autism-relationships-supporting-young-people/>

Autism and Anxiety: Supporting Children in an Imperfect World

<https://www.theyarethefuture.co.uk/autism-anxiety-in-children/>

Empowering Autistic Children: Top 10 Autism Classroom Ideas For Every Teacher and Parent to Know

<https://www.theyarethefuture.co.uk/autism-classroom-ideas/>

How to Prevent Meltdowns in Children of All Ages

<https://www.theyarethefuture.co.uk/how-to-prevent-meltdowns-in-children-of-all-ages/>

**ADHD**

ADHD Worksheets For Kids To Empower & Inspire {Free Printable}

<https://www.theyarethefuture.co.uk/adhd-worksheets-kids/>

Understanding Your Child’s Attention Difficulties

<https://www.theyarethefuture.co.uk/attention-difficulties/>

5 ADHD Strengths To Harness In Your Child

<https://www.theyarethefuture.co.uk/adhd-strengths-in-your-child/>

**Screen Time**

Screen Time For Children and Teens: Managing the Boundaries

<https://www.theyarethefuture.co.uk/screen-time-children-teens/>

What Is Screen Addiction And How Can You Help Your Child?

<https://www.theyarethefuture.co.uk/screen-addiction-child/>

**Behaviour**

7 Easy Ways to Manage Temper Tantrums in Your 7 Year Old

<https://www.theyarethefuture.co.uk/7-easy-ways-to-manage-temper-tantrums-in-your-7-year-old/>

Managing Difficult Behaviour at Home

<https://www.theyarethefuture.co.uk/managing-difficult-behaviour/>

5 Quick Tips for Staying Calm With Your Child

<https://www.theyarethefuture.co.uk/staying-calm-with-your-child/>

Is Your Child’s Behaviour Difficult After School?

<https://www.theyarethefuture.co.uk/childs-behaviour-difficult-after-school/>

**Parent Support**

Adult and Child Mental Health: Strategies for Supporting Yourself and Your Family

<https://www.theyarethefuture.co.uk/adult-and-child-mental-health/>

Sibling Rivalry Solutions: A Parent’s Guide

<https://www.theyarethefuture.co.uk/sibling-rivalry/>

Parenting Tween Boys

<https://www.theyarethefuture.co.uk/parenting-tween-boys/>