

A MIND OF THEIR OWN

1. Copy for newsletters and emails

Anxiety levels and struggles with mental wellbeing are on the rise in children, but mums and dads have incredible power to help their kids build strong emotional resilience, and this event, from Care for the Family, explores how we can do this.

At *A Mind of Their Own* they'll look at the unique opportunities and pressures facing young people today (including the COVID-19 pandemic), as well as the science of the mind, and why children act and react the way they do. You'll come away with practical tools to see your children through the difficult times, and learn how to better manage anxiety and depression.

Sign up today – cff.org.uk/moto

2. Copy for social media – Facebook, option 1

Anxiety levels and poor mental health are on the rise in children, but parents have incredible power to help their children build strong emotional resilience and healthy mental well-being. This event, from Care for the Family, will look at the unique opportunities and pressures facing young people today (including the COVID-19 pandemic), as well as the science of the mind and why children act and react the way they do. Sign up today – cff.org.uk/moto

3. Copy for social media – Facebook, option 2

It's no secret that anxiety levels and struggles with mental wellbeing are on the rise in children. However, mental health experts agree that parents have incredible power to help their children build strong emotional resilience. *A Mind of Their Own* is an online event from Care for the Family packed with up-to-date advice to equip you to support your children.

You'll come away with:

- A better knowledge of how you can teach your child to not only bounce back from setbacks, but bounce *forward* in strength, character and development.
- Strategies to help your child become confident in their identity.
- Ideas of how to help your child take healthy risks and an understanding of why learning to fail is important.
- A re-established confidence in knowing you're the best person to help your child.

Sign up today – cff.org.uk/moto

4. Copy for social media – Twitter

Anxiety levels and poor mental health are on the rise in children. This event from [@Care4thefamily](#) will help equip parents to build strong emotional resilience in their children for a healthy mental wellbeing. Sign up today – <http://cff.org.uk/moto>
#parents #wellbeing #children #mentalhealth