

**FEBRUARY 2023**

Primary Schools Parent Resource List from  
They Are The Future parent support site,  
brought to you by Everlief Child Psychology



**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/>

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### **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/>

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### **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/>

### **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/>

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### **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/>

### **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/>

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## **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/>