

# Problem solving with children

Dealing with conflicts and arguments at home with children can often be stressful. Whether it's battles with a sibling, battles with boundaries or battles with homework, children can resort to crying, shouting, sulking, withdrawing or even violence. Helping children to learn the steps of problem solving and taking control is a skill that will carry them for life.

[Click here](#) to take a look at this short guide for parenting steps on how to help with this.

## Go Noodle!

A great website of short, fun mindfulness activities for kids to help calm the mind and reduce anxiety.

This edition focuses on supporting mental health at home by talking.

THE CRESCENT  
PRIMARY SCHOOL

## WAYS YOU CAN SUPPORT CHILDREN'S MENTAL HEALTH AND WELLBEING AT HOME

For school guidance on a range of issues [click here](#) for our Supporting Families Padlet.

## Talking helps

How to talk to your child about mental health - [a mini guide for parents and carers from Young Minds.](#)

AUTUMN 1

Recommend books linked to anxiety



For younger readers.  
[Click here for link.](#)

For younger readers.  
[Click here for link.](#)



For junior readers.  
[Click here for link.](#)



For Year 6+ readers.  
[Click here for link.](#)

