

Be Brave

Parent & Carer Edition

May 2026

Be Brave – Family Newsletter (Parent & Carer Version)

What does it mean to be brave?

Being brave doesn't always mean doing something big or scary.

Sometimes, being brave is:

- *Asking for help when things feel hard*
- *Trying again when something doesn't go well*
- *Saying how you feel*
- *Being yourself, even when it feels difficult*

In a busy world, having the courage to be you is one of the bravest things anyone can do and that looks different for everyone.



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to translate

Supporting Your Child to Feel Brave

You don't need to make big changes. Small, everyday moments can make a big difference.

Celebrate Small Steps

Bravery looks different for every child.

For example:

Speaking in class

Trying a new food

Walking into school when they feel nervous

Notice these moments and praise them:

"I saw how hard you tried—that was really brave."

Create safe spaces to talk

Give your child regular chances to share how they feel.

This could be:

A chat at bedtime

Talking during a walk

A quiet check-in after school

Let them know:

You are listening

There is no judgement

All feelings are okay

Show bravery yourself

Children learn by watching the adults around them.

You can model bravery by saying things like:

"I felt nervous today too."

"That didn't go to plan, but I'll try again."

This helps your child see that bravery isn't about being fearless—it's about trying.

Focus on effort, not getting it right

Help your child see that trying is what matters most.

Instead of saying:

"Did you get it right?"

Try:

"Did you give it a go?"

"What did you try?"

This helps children feel safe to take risks and learn.



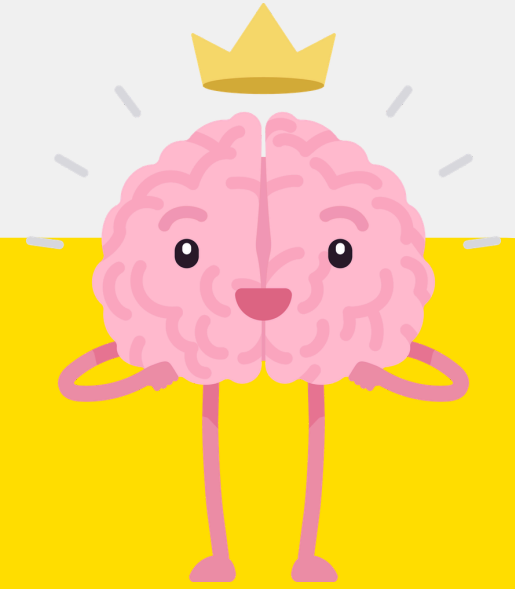
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Finding Bravery in Worried Moments



Positive self-talk ("I can try", "It's okay to be nervous")

Visualising - what would success look and feel like?



Naming worries ("This is my worry talking")



Deep breathing (in for 4, out for 4)



✓ The goal isn't removing fear, it's helping them handle it.

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Creativity and Confidence




Research shows that creative activities can support children's wellbeing and confidence. They give children a safe way to share feelings, try new things, and build self-belief.

Creative activities can help children:

- *Share their thoughts and feelings*
- *Try new things*
- *Build confidence*

Creativity is a great way to practise being brave.

Ideas to try at home:

-  *Drawing or painting feelings*
-  *Quick doodles or short stories*
-  *Building or making something new*

You can remind your child:

"There are no wrong answers, just have a go."

Celebrate their ideas, even if they are unusual or different.



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Finding Your Brave Again

Being brave can be hard at times. Things won't always go to plan, and there may be some setbacks along the way. That's okay. You can help by noticing your child's effort and accepting both the difficult feelings and the positive moments.



Things you might say

*"I can see this feels hard right now."
"You don't have to do it all at once, we can take a small step."
"I'm here with you."
"It's okay to feel nervous."*

Normalise "off days"

Some days will feel harder than others for you and your child. This is completely normal. Bravery doesn't mean feeling confident all the time. It means keeping going, even on tough days.

What small steps can look like

*Sitting near others (instead of joining in straight away)
Answering one question instead of many
Going into school with support
Trying something new for a short time*

You don't need to have all the answers. Being there, listening, and showing you care makes a big difference.

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Mental Health Awareness Week



Mental Health Awareness Week is a chance to pause and think about how we look after our wellbeing and support the people around us. This year's theme is "action." This means taking small, positive steps to care for ourselves and each other. It might be trying something new, taking a moment to slow down, or reaching out for support. Even simple actions can make a real difference to how we feel.

Small daily actions to try together

You might like to try some of these at home:

Spend time outside

Being outdoors like going for a walk, playing in the garden, or noticing nature can help your child feel calmer and more settled.

Stay connected

Spending time together, chatting, or playing games can help your child feel safe, supported, and less alone.

Look after your body

Moving, eating well, and getting enough sleep all help support a healthy mind.

Be creative

Drawing, building, or making things can help children relax and express how they feel.

Take time to slow down

Quiet activities like reading, listening to music, or taking slow, deep breaths can help when things feel busy or overwhelming.

To find out more, visit: www.mentalhealth.org.uk



Empathy Day

Empathy means putting yourself in someone else's shoes – understanding how they might be feeling and why.

On Empathy



Notice

What do I see
or hear?

e.g.,

"They look upset."

or

"They're sitting alone."



Think

How might they be
feeling? Why?

e.g.,

"They might feel upset."

or

"How would I feel if that
happened to me?"



Say

What kind words
could I use?

e.g.,

"How are you feeling?"

or

"Do you want to play?"



Respond

What can I do
to help?

e.g.,

"I can help."

or

"I'll stay with you."

Developing empathy helps children build positive friendships, manage disagreements, and feel safe and valued.

You can support this at home by:

- Discussing how characters feel in stories
- Asking, "How would you feel in that situation?"
- Modelling kindness in everyday interactions

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