



**Podcast Listener's Guide  
A Parent Voice on Their Child's  
Mental Health**

Follow the provided instructions to learn more from the podcast!

## A Parent Voice on Their Child's Mental Health Struggles

### Pre-listening Questions:

- 1) Can you list some services available to children and youth with mental health challenges in your community?
- 2) What comes to mind when you think of children's mental health?

PROS	CONS

### While You Listen:

- 1) What is the Family Advisory Clinic at CPRI?
- 2) In the interview Tina talks about how she lost track of the importance to take care of herself as the caregiver of a child with mental health struggles. What are some ways parents or caregivers can take care of themselves?

ACTIVITY	EXAMPLES/LINKS
Exercise	<a href="http://www.goodlifefitness.com">www.goodlifefitness.com</a>

### Food For Thought: Takeaway Questions

- 1) Tina talks about an experience of facing challenges with how some people in her child's life focused on negative traits or behaviours. For the following "negative" labels we often hear, come up with positive language to describe this trait instead.

Stubborn  
Poor Listener  
Hyper  
Messy

Slow  
Moody  
Bossy  
Distracted  
Over-reactive  
Lazy

2) What are some ways you can prevent negative behaviour before it starts?

## RESOURCES

[http://www.cpri.ca/files/1514/5046/6705/Attachment Disturbances and Managing Challenging Behaviour Within The School with title page.pdf](http://www.cpri.ca/files/1514/5046/6705/Attachment_Disturbances_and_Managing_Challenging_Behaviour_Within_The_School_with_title_page.pdf)

<http://www.cpri.ca/families/programs-services/ideas/recommended-resources/>

<http://www.cpri.ca/families/programs-services/brake-shop/brake-shop-clinic-resources/>

