

SEMH SPOTLIGHT – Supporting Parents

Key Concepts & Signposting Summary



Overview

This information sheet provides a concise summary of the key messages from the Supporting Parents – SEMH Spotlight Webinar, produced by Warwickshire Educational Psychology Service. The webinar can be accessed through the website:

<https://www.warwickshire.gov.uk/educationalpsychology>

Key Concepts

- Parental mental health significantly influences child wellbeing and resilience.
- Parents do well when they can—mental health challenges impact capacity, not willingness.
- ‘Good Enough Parenting’ emphasises attunement, warmth, and realistic expectations.
- Chronic stress and parental burnout are common and serious - support reduces risk.
- Behaviour is communication: understanding emotions comes before correction.



Signs of Parental Burnout or Distress

- Exhaustion (emotional or physical).
- Withdrawal or distancing from children.
- Increased family conflict or irritability.
- Anxiety, panic, or low mood.
- Sleep disruption, appetite changes, or ‘brain fog’.

How Schools Can Support Parents

- Provide a non-judgemental listening ear.
- Notice early signs and check in.
- Share psychoeducation tools (‘Name it to Tame it’, Upstairs/Downstairs Brain).
- Promote connection before correction.
- Offer practical support and clear signposting.



Please note that information is subject to change and the authors cannot take responsibility for any advice obtained from third parties. Information collated January 2026.

Key Psychoeducation Models for Parents

- Upstairs & Downstairs Brain – children cannot reason when overwhelmed.
- ‘Flipping the Lid’ – regulation must come before discussion.
- Behaviour as Communication – look for the need beneath behaviour.
- The Two Hands of Parenting – Connection + Correction in balance.



Supporting Parental Wellbeing

- Encourage small, realistic self-care steps.
- Promote daily routines, sleep, movement, and moments of calm.
- Encourage parents to talk to someone they trust.
- Introduce tools such as worry time, gratitude, grounding techniques.
- See separate info sheet “Supporting Parental Burnout”



Final Key Messages

- Parental mental health is central to child wellbeing.
- Shame and stigma keep parents silent. Relationships unlock support.
- Early, compassionate intervention prevents harm.
- Schools can be a vital protective factor by noticing, listening, and signposting.



It's the hardest thing to do but admitting you're struggling and asking for help and support is very important.

Mind: [Parenting and mental health](#)



“All I know is that my life is better when I assume that people are doing their best. It keeps me out of judgment and lets me focus on what is, and not what should or could be.”

~Brené Brown

Please note that information is subject to change and the authors cannot take responsibility for any advice obtained from third parties. Information collated January 2026.

SIGNPOSTING

National Resources

- Mind – www.mind.org.uk/
- Young Minds – www.youngminds.org.uk/ (Parent Helpline 0808 802 5544).
- Childline – www.childline.org.uk/
- Place2Be Parenting Smart – [Place2Be: Parenting Smart - Articles](#)
- stem4 Parent Mental Health Day & Resilience resources - [Resilience - for parents/carers - stem4](#) and for schools: – [Schools - stem4](#)
- Solihull Approach online courses (code: BEAR) - [Free online learning to help parents feel more confident – Warwickshire County Council](#)
- [Samaritans](#) free telephone line open 24/7: 116 123
- Single parents:
 - Gingerbread: www.gingerbread.org.uk
- Dads:
 - [The DadPad App - DadPad | The Essential Guide for New Dads | Support Guide for New Dads - DadPad | The Essential Guide for New Dads | Support Guide for New Dads](#)
 - Dad [Matters](#): Operates in South Warwickshire to support dads in the first 1,001 days.
 - [MENTalk Referral Form](#)

Local Support (Warwickshire)

- Warwickshire Parenting Support – [Parenting support: Support for all families - Warwickshire County Council](#)
- Family Information Service – signposting & advice (Mon–Fri): [Children and families – Warwickshire County Council](#)
- Safe Haven (16+) crisis support 6pm–11pm – 024 7601 7200: [Home - CW Safe Haven](#)
- Qwell (18+) mental wellbeing platform – [Home - Qwell](#)
- Parent carers of children with SEND
- Warwickshire Parent Carer Voice: [Parent carers of children and young people with SEND - Warwickshire County Council](#)

Please note that information is subject to change and the authors cannot take responsibility for any advice obtained from third parties. Information collated January 2026.