

# HOW TO SUPPORT YOUR CHILD'S SOCIAL & EMOTIONAL WELL BEING

## ACTION #6: HELP YOUR CHILD CELEBRATE DIFFERENCE SO THAT EVERYONE BELONGS

Birth-5 Years	6-10 Years	11-15 Years	16-18 Years	19-24 Years
<ul style="list-style-type: none"> <li>Children are curious and non-judgemental. Be prepared for questions. Answer the factually and honestly. Learn from your child about being non-judgemental.</li> <li>Children do as you do – use language that is positive and respectful of others.</li> <li>Celebrate difference and individuality: – help your child love their own uniqueness and love the uniqueness in others.</li> </ul>	<ul style="list-style-type: none"> <li>Children do as you do – use language that is positive and respectful of others.</li> <li>Be ok with difference:               <ul style="list-style-type: none"> <li>-Help them to learn how to support those who struggle to fit in</li> <li>-Help your child learn respectful words to describe those who are different</li> <li>-Challenge negative put-downs openly with your child</li> </ul> </li> <li>Have their back:               <ul style="list-style-type: none"> <li>-Be aware if your child is feeling excluded</li> <li>-Respond positively to their uniqueness, and get the support you might need to help them be themselves.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Young people do as you do – use language that is positive and respectful of others.</li> <li>Be ok with difference:               <ul style="list-style-type: none"> <li>-Help them to learn how to support those who struggle to fit in</li> <li>-Help your child learn respectful words to describe those who are different</li> <li>-Challenge negative put-downs openly with your child</li> </ul> </li> <li>Have their back:               <ul style="list-style-type: none"> <li>-Be aware if your child is feeling excluded</li> <li>-Respond positively to their uniqueness, and get the support you might need to help them be themselves.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Young people do as you do – use language that is positive and respectful of others.</li> <li>Be ok with difference:               <ul style="list-style-type: none"> <li>-Help them to learn how to support those who struggle to fit in</li> <li>-Help your child learn respectful words to describe those who are different</li> <li>-Challenge negative put-downs openly</li> </ul> </li> <li>Have their back:               <ul style="list-style-type: none"> <li>-Be aware if they are feeling excluded</li> <li>-Respond positively to their uniqueness, and get the support you might need to help them be themselves.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Young adults want to belong.</li> <li>Be ok with difference:               <ul style="list-style-type: none"> <li>-Encourage respectful words to describe those who are different</li> <li>-Challenge negative put-downs openly</li> </ul> </li> <li>Have their back:               <ul style="list-style-type: none"> <li>-Be aware if they are feeling excluded</li> <li>-Respond positively to their uniqueness, and get the support you might need to help them be themselves.</li> </ul> </li> </ul>



Some helpful websites include:

- [www.parenting24seven.ie](http://www.parenting24seven.ie)
- [www.helpmykidslearn.ie](http://www.helpmykidslearn.ie)
- [www.spunout.ie](http://www.spunout.ie)