



TRAINING NETWORK



PARENT RESOURCE

SUPPORTING A CHILD WITH LOW MOOD



Low mood is more than just feeling sad. It can affect how children think, feel and cope with daily life. With understanding, patience and the right support, children can feel better and build emotional resilience.



WHAT IS LOW MOOD?

Low mood can last for days, weeks or longer and may affect your child's energy, motivation and interest in things they usually enjoy.

It can be caused by many things, such as:

- ✓ Stress or pressure (school, friendships, family)
- ✓ Changes at home or in school
- ✓ Bereavement or loss
- ✓ Poor sleep or physical health
- ✓ Feeling worried or anxious
- ✓ Low self-esteem or lack of confidence



REMEMBER: Your support makes a huge difference. You don't have to have all the answers – just being there matters.



SIGNS YOUR CHILD MAY BE EXPERIENCING LOW MOOD

Every child is different, but signs may include:

- ✓ Loss of interest in activities they usually enjoy
- ✓ Feeling sad, tearful or down for long periods
- ✓ Low energy or tiredness
- ✓ Changes in appetite or sleep
- ✓ Being more irritable or easily upset
- ✓ Withdrawing from family or friends
- ✓ Difficulty concentrating
- ✓ Negative self-talk or low self-esteem
- ✓ Talking about hopelessness or feeling 'empty'
- ✓ Physical complaints (e.g. headaches, tummy aches) with no clear cause



IMPORTANT: If your child talks about harming themselves or ends their life, seek help immediately.

HOW YOU CAN HELP



LISTEN AND BE PRESENT

Let your child talk without judgement. Sometimes just knowing someone is listening helps.



VALIDATE THEIR FEELINGS

It's okay to feel sad. Let them know their feelings are valid and you're there for them.



KEEP ROUTINES WHERE POSSIBLE

Structure and routine provide stability and a sense of security.



ENCOURAGE SMALL POSITIVE ACTIONS

Gentle activity, fresh air and achievements can help boost mood and confidence.



STAY CONNECTED

Spending quality time together strengthens your bond and helps your child feel supported.



SEEK EXTRA SUPPORT

If low mood lasts more than a few weeks or affects daily life, reach out to a professional.



WHEN TO SEEK HELP

Seek professional help if your child:

- ✓ Is sad or irritable most days for more than 2 weeks
- ✓ Loses interest in most activities
- ✓ Struggles with school or daily routines
- ✓ Talks about self-harm or suicide
- ✓ Shows sudden or extreme changes in behaviour

You are not alone – help is available.



You Are Not Alone

We're here to support you and your child.

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com



Helping children and families build a healthier, happier future.

