



## **Mentor's Mantra**

When helping a child to overcome barriers, much of the work is done by facilitating thought and conversation about a particular problem (for example their separation anxiety or self-harming).

### **You are safe**

To begin addressing a problem you need to feel safe, so when working with a child or young person it is important to develop a sense of security and trust in your relationship.

### **It's alright to think**

Be emotionally literate and help them to identify the emotions they are feeling and the thoughts they are experiencing. Acknowledge the thoughts, reassure the young person.

### **It's alright to talk**

When the time is right the child or young person will begin to talk about the problem. By acknowledging it and giving them the space to be open to it you will begin to facilitate the problem solving steps.

### **Let me help you to deal with it.**

As a trusted adult you can now help the child or young person to experiment with different solutions to the issue.