



“This too shall pass ...”

Dink weer wanneer jy dit vir ‘n depressievegter wil sê, want dit beteken vir hom absoluut niks! Wat sê ‘n mens dan? Wat jy ook al sê, hou dit positief, kort en kragtig. **Maar bedoel elke woord wat jy sê.**

Ek verstaan jou seer en ek het empatie daarmee. I’m not going to leave or abandon you.

Kom, gee my ‘n **drukkie.**

You are important to me.

Bel my enige tyd wanneer jy wil *chat*. Jy sal nie my tyd mors nie.

Depressie is ‘n siekte soos kanker. Jy hoef nie daarvoor skaam te wees nie.

LUISTER eerder met aandag na wat die depressie-vegter sê as om sy sielkundige te probeer wees.

MEDIA GUIDELINES FOR KIDS OF ALL AGES

KIDS 5 TO 11

Watch television programmes together. Point out when something isn’t right.

Screen time Set sensible boundaries on how much screen time is allowed for your child.

Designate media-free spaces e.g. bedrooms and the dinner table.

Be selective: are programmes age-appropriate | engage your child’s imagination | have the right values | if you don’t want your child playing a particular game or watching a particular show, explain your reasons why and be specific - don’t just say it’s “bad.”

Don’t make screens the reward (or consequence)

Encourage other activities e.g. running around outside, playing a sport, reading books, doing crafts Set the example. Let your kids see you reading a book and making things and having a hobby.

TEENAGERS (12+)

Parents should set the example Don’t use your phone at the table and make sure your kids don’t need to compete with a screen for your attention.

This shows them that you care and are interested, which makes them more likely to open up. Even though they’re getting older, your kids still need to talk to you, not just their friends.

Yes to friending, no to spying Follow or friend your child on Facebook. Monitor his page. Do not go through text messages unless there is cause for concern. Parents should begin by trusting their children. To not even give your child the benefit of the doubt, is incredibly damaging to the relationship.



Kids today can stumble onto pornography very easily. Curiosity is often a big motivator. Have frank, developmentally appropriate conversations about sex.

Make it clear that naked pictures are a bad idea (and explain why). Your daughter might trust her boyfriend with her photos but he, in turn, might trust a close friend, and so on. Once the pictures are out there, they can **damage future relationships and job prospects, not to mention become the talk of the school.**

Praat oor j^{ou} depressie ...
dis *OK* om *nie*
OK te wees nie ...