

Mental Health
Awareness Week
21-27 September

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What's Going On Inside My Head?

Starting conversations with your child about positive mental health

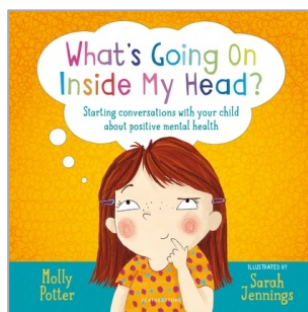
Potter, M. (2019). London: Featherstone.

Using her experience as a middle school teacher, Molly Potter's books focus on the personal, social and emotional development of children. *What's going on inside my head?* looks at the topic of positive mental health, and aims to help children become more self-aware, providing them with suggested ways to look after themselves and to understand their feelings.

This book is written for whānau, caregivers and kids to read together. As quite a dense read for one sitting, I think it'd be particularly handy to refer back to when real life issues arise to talk about ways to problem solve together – it is jam packed with helpful strategies and activities to encourage a compassionate and positive mindset.

I can see this book being a helpful prompt for classroom activities, and it could also be incorporated into a wider family wellbeing plan. Due to its focus on fostering positive wellbeing, the content is relevant to everyone. It is a good reminder for adults that our actions, self-care strategies, (or lack of), and the words we use are emulated by the little ones in our lives. The book is indeed a useful tool to start conversations, and with its core message that it is important to ask for help, it could help children to feel cared for and not alone when faced with challenges.

I also look forward to reviewing Potter's soon to be released book *It's Okay to Cry* – which focuses on encouraging boys to talk about their feelings.



Reviewed by Kim Higginson, Information
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The Mental Health Foundation's Information Service brings you reviews as part of the Good Reads feature for Mental Health Awareness Week. To view more go to <https://mhaw.nz/>

