

# A Mind of Their Own

*Building your child's emotional wellbeing  
in a fast-changing world*

**Katharine Hill**



**Kilfinan  
Press**

*"This vital book tackles one of the most important issues of our time – our children's emotional wellbeing."*

John Gallacher, Professor of Cognitive Health, University of Oxford

These are anxious times. While soaring prices, climate change fears, escalating global conflicts and the latest political struggles may not be at the forefront of the minds of our children, the atmosphere in which they live, learn and work can feed their fears.

The incessant rise of social media has changed the cultural landscape of our times. We are living through a mental health crisis. Every day there is a bombardment of messages from smartphones, laptops and TV screens, that "you can be anyone" or "find your strength inside you". But what if you can't? What if there is always someone better, brighter, more beautiful on another screen? What if ... you fail?

As they struggle with these impossible objectives, children are growing up beset with anxiety and low self-esteem. How can parents build mental wellbeing so children can grow into well-adjusted adults?

Offering encouragement, insight, action points and practical activities, *A Mind of Their Own* explores the stages of brain and emotional development and the impact of home life, social media, peer pressure, isolation, and the socio-economic environment on children and teenagers as they develop. Katharine Hill wisely tackles the more difficult topics such as anxiety and depression, eating disorders and self-harm in a non-sensational way, and always with practical advice on what to do in challenging situations.

Celebrating and affirming the strength of family life, as well as addressing the tests and trials of recent times, *A Mind of Their Own* is a lifeline for parents who want to build resilience in their children. Children who are secure in their own identity.

## Author

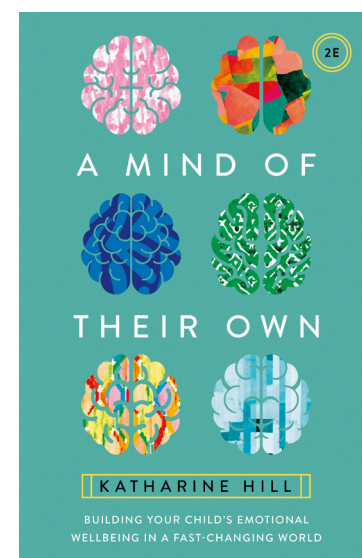
**Katharine Hill LLB JP** is Director of Care for the Family, a popular author, speaker and broadcaster on family issues and a regular contributor for local and national media. She has practised as a family lawyer and leads on CFF's policy agenda representing the organisation at government level. Katharine is married to Richard, and they have four grown-up children and seven grandchildren.

## Key Selling points

- A lifeline for parents from a trusted, seasoned expert
- Research and current thinking around mental wellbeing clearly explained
- Sound advice on parenting styles, developing healthy emotions, building resilience and self-esteem and creating a mental-wellbeing-friendly environment
- Addresses serious issues in a non-sensational way – anxiety, depression, eating disorders and self-harm – giving clear steps for when things go wrong
- Real-life stories about the impact of family life on mental wellbeing
- Creative action points and activities
- David McNeill's hilarious cartoons

## Readership

- Parents, grandparents and carers of children of all ages
- Parents worried about their children's mental wellbeing and self-esteem
- Youth workers, teachers and other professionals working with children



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