



# You Are Not a Frog Podsheet

## Episode 242: How to promote good mental health for you and your kids

With Dr Beth Mosley MBE

Date

Total CPD hours

### EPISODE SUMMARY

There's a poem by Philip Larkin that you've probably heard. I'll paraphrase it slightly, but it opens like this: "They muck you up, your mum and dad. They may not mean to, but they do. They fill you with the faults they had, and add some extra, just for you."

This week I'm talking to Dr Beth Mosley about ways we can model what good mental health looks like, even when we don't get it right 100% of the time.

How can we strike the right balance between giving our kids a smooth pathway through life, and letting them just fend for themselves? How can we show them that it's OK to ask for help, but at the same time equipping them to solve their own problems?

And what happens on those days when we lose our rag? How can we show that we're not perfect, and that we sometimes need help too?



## IN THIS EPISODE, YOU'LL:

- Hear practical advice on balancing parenting with professional responsibilities and how to avoid overprotective parenting styles
- Learn strategies for helping children and adults manage emotions and build resilience in challenging situations
- Understand the importance of letting kids experience failure and disappointment to develop problem-solving skills and emotional intelligence

## LISTEN

More episodes of You Are Not A Frog:

[How to Cope with Your Kids' Anxiety, Your Colleagues, and Your Own](#)

Episode 186, with Nicky Odgers

[How to Be a \(Happy\) Working Parent](#)

Episode 121, with Corrina Gordon-Barnes

[The Three-Step Plan for Getting Your Sh\\*t Together](#)

Episode 202

## WATCH

[Watch the video version on YouTube](#)

Episode 242: How to promote good mental health for you and your kids



## READ

[Happy Families: How to Protect and Support Your Child's Mental Health](#)

Beth's book

## DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients



Write down how you will know that a positive change has happened - what does good look like?

### ADDITIONAL RESOURCES

Download [Get Your Life Back](#), our 60-minute reset for overwhelmed healthcare professionals!

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Join our [Shapes Academy](#) membership for leaders in healthcare

Find out more about the [Shapes Toolkit Training programme](#)

Check out more free resources from [You Are Not a Frog](#)

Join our Facebook Group [You Are Not A Frog](#)

### HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)