

# PARENTS GUIDE

Empower your ward's emotional wellbeing  
throughout their journey at IITM



## **ABOUT US**

Myndwell, your trusted partner in psychological well-being. We are committed to provide comprehensive counseling services to the IIT Madras community. Our mission is to foster a supportive environment that promotes mental health, resilience and personal growth.

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## **WHY THIS BOOKLET WILL MAKE A DIFFERENCE?**

This booklet is designed to provide parents with a fresh perspective and essential tools to support their ward emotionally over the next four years.

By following the guidance in this booklet, you will be better prepared to support your child emotionally, helping them thrive throughout their academic journey and beyond.

## **ACKNOWLEDGEMENT**

We express our appreciation to the IIT Madras administration for their commitment to student welfare. Their concerted efforts to create and maintain a supportive, nurturing environment are invaluable.

# UNINTENDED WAYS YOUR WORDS CAN IMPACT YOUR CHILD

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**"You're just being dramatic.  
Everyone feels sad sometimes"**

Just like an iceberg, your child's sadness may be deeper than it appears on the surface and it's important to acknowledge and validate those feelings.



**"It's all in your head. Just think  
positive and you'll be fine"**

Encouraging your child to always be positive can sometimes make them feel forced to hide their true feelings, which can slow their journey toward genuine positivity.



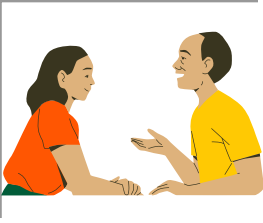
**"Mental health issues are just  
an excuse for bad behavior"**

Judging your child's behavior without knowing the challenges isn't right. Approach with empathy and care, as what seems like an excuse could be a significant issue.

# Listen

## LOVE, GROW

beyond simply hearing words; it involves understanding emotions, validating feelings and building trust



Being present means putting aside your work and starting a conversation with your child, letting them know they have your full attention and support.

**I'm all ears, go ahead and tell me**

### BEING PRESENT



Understand that adult children may not always want advice or solutions. Sometimes they just need to vent or share without needing a fix.

**I'm here to support you in any way you need**

### OFFER SUPPORT



Allow space for silence or pauses as they gather their thoughts. Rushing the conversation can inhibit open communication.

**I'm here with you , take your time**

### ALLOW SPACE



Show continued interest by following up on previous conversations or checking in periodically to see how they're doing.

**I wanted to check on how you're feeling about [previous issue]. Let's talk about it if you wish**

### WELLBEING CHECK

# *Being* THEIR BIGGEST CHEERLEADER

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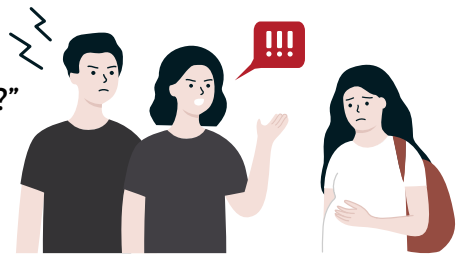
“You said you studied hard why didn’t get good grades?”

“Great effort! It’s okay sometimes, the grades can go low”



**Effort Over Outcome:** Focus on praising effort and improvement rather than just outcomes.

“Why can’t you be like her?”



“We just love the way you are”

**Unique and Valued:** Each child is unique; comparisons can undermine their self-esteem.

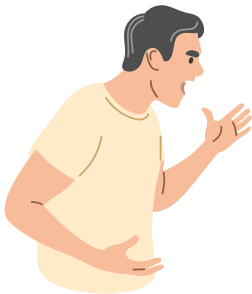


“You are good for nothing”

“You are good in lot of other things”

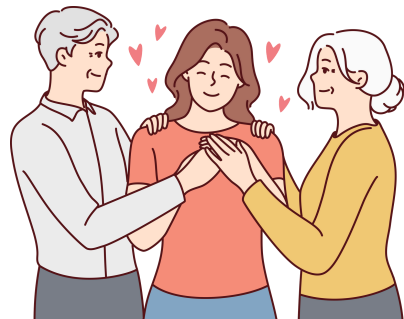


**Strengths Spotlight:** Encourage them to think about their strengths and how they can improve.



“You are not good enough”

“You are doing great!  
take one step at a time”



**Kindness Within:** Encourage your child to be kind to themselves and speak gently to themselves.



“You have always been like this”

“What has happened has happened.  
Focus on what you can learn from it  
and move forward”



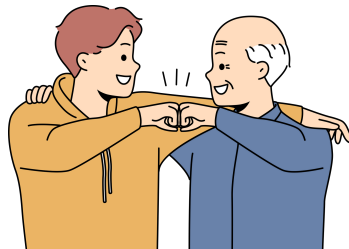
### **Don't nitpick on the past mistakes of your child**

Understand that your child is getting better at handling challenges.



“Uhm , you missed this opportunity”

“You did your best on this”



**Celebrate small wins** - Acknowledge their smallest milestones which drives to work towards their bigger wins.

# Fostering

## EMOTIONAL WELL BEING

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### Recognise

Recognize your child's emotions and behaviors without judgment. Acknowledge what they are experiencing at the moment.

**I notice you seem upset today. Would you like to talk about what's on your mind?**

### Allow

Allow your child to feel their emotions fully without trying to change or fix them immediately. Create a safe space where they feel accepted for how they feel.

**It's okay to feel frustrated sometimes. Take your time to feel whatever you're feeling.**

### Investigate

Investigate with curiosity and compassion. Ask open-ended questions to understand their perspective and what might be underlying their emotions or behaviors.

**I'm curious about what might have caused you to feel this way. Can you tell me more about it?**

### Nurture

Nurture your child's emotional well-being by offering support, comfort, and reassurance. Provide guidance or help them develop coping strategies if needed.

**I'm here to support you. Let's figure out together how we can make things better.**





**WE ARE IN THIS  
TOGETHER!**



WE HOPE YOU FIND THIS BOOKLET  
INFORMATIVE AND USEFUL

**For guidance & support**



**Reach out to us**



[info@myndwell.in](mailto:info@myndwell.in)



6383070263

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