



Ania
Kasia's mom

"I want my daughter to feel well, but I don't know how to help her."

About

Ania cares exceptionally about her daughter's mental health. When she discovered the support offered by the "Elephants on the Balcony" Foundation, she regained her faith that her daughter would soon feel better. She hopes this will help improve their relationship and the girl's school performance.

Ania realizes that much depends on how actively she supports her daughter at home. That's why she is diligently engaged in doing the homework that has been recommended by the therapist. In addition, she is learning how to respond appropriately to her daughter's difficult behavior, knowing that the right approach can significantly affect the girl's progress.

Goals

- to support her daughter in mastering her emotions
- learn how to respond to her daughter's difficult behavior
- master her own emotions
- recognize her daughter's emotions and respond to them correctly

Frustrations

- "I don't know what is going on with my daughter and how I can help her".
- "I don't know who I can go to for quick advice."
- "How can I motivate my child to do therapeutic tasks at home?"