

Supporting your child's wellbeing



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Please keep
microphones
muted



Take breaks if
you need to.



Join in using
the chat
function/ hand
button



Maintain
Confidentiality



What we'll cover

- Ideas on supporting your children's wellbeing
- ...and your wellbeing
- Resources, links, and where to get support

Slides will be added to the school website or class team pages



We all have mental health

“Anxiety, fears and worries are normal experience that we all have from time to time. All children will experience fears and worries in different ways.”

For some, these have increased during the pandemic.

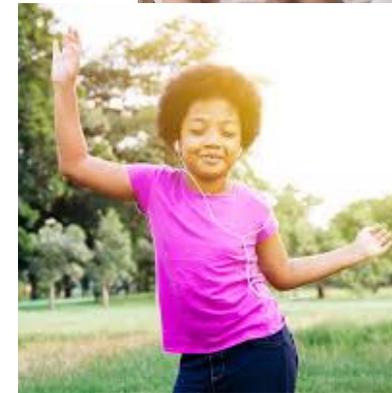
You know your child best, and are in best position to help them.



1. Talking about feelings



2. Play, activities, and routine



3. Being a role-model



Talking about feelings

- **Talk about what's going on** being as open and honest as you can
- **Encourage children to express their feelings** and let them know it's okay to feel however they feel.
- **Answer questions and reassure in an age-appropriate way.** Limit children's exposure to the news.
- **Reassure them this will pass,** you're there for them, and you will get through this together.



Questions to ask your child

YOUNGMINDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

CATCH THE RAIN AND DANCE IN THE STORM

RECOGNISING HOW WE FEEL INSIDE AND DISCUSSING IT TOGETHER CAN HELP YOU TO UNDERSTAND WHAT MIGHT CAUSE CERTAIN FEELINGS OR EMOTIONS

classic

HOW ARE YOU TODAY?

ANXIOUS

ANGRY

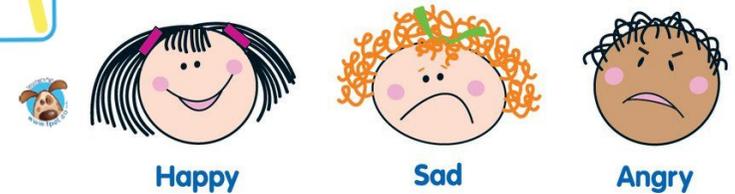
PROUD

WORRIED

HOPEFUL

CUT OUT THE CARDS AND MATCH THE FEELING TO THE PICTURE. DISCUSS WITH AN ADULT WHY YOU MATCHED THESE CARDS.

How Do You Feel Today?



I'm feeling...

Calm	Happy	Silly	Relaxed
Nervous	Annoyed	Sad	Shy
Surprised	Hungry	Angry	Confused
Sleepy	Sick	Hurt	Hot



Talking about feelings



Feelings monsters
<https://pocketofpreschool.com/monster-feelings-cards/>



How is she feeling? Inside Out
<https://www.youtube.com/watch?v=dOkyKyVFnsS>



Talking about feelings - resources



Anna Freud
National Centre for
Children and Families

Talking about Mental Health

www.annafreud.org/schools-and-colleges/resources/talking-mental-health-animation-teacher-toolkit/



YOUNG MINDS
fighting for young people's mental health

Starting a conversation with your child

youngminds.org.uk/starting-a-conversation-with-your-child/



Talking to children about feelings

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

- **Encourage children to identify and do the things that they enjoy**, and activities which help them to relax, express themselves, and have fun.
- **Spend time doing positive activities together.** [Activity ideas](#)
- **Teach children relaxation and breathing methods**



Improving sleep



Good sleep hygiene begins in the day

- Avoid caffeine (e.g. in cola), encourage exercise, switch off electronics at least an hour before bedtime.

Bedtime routine

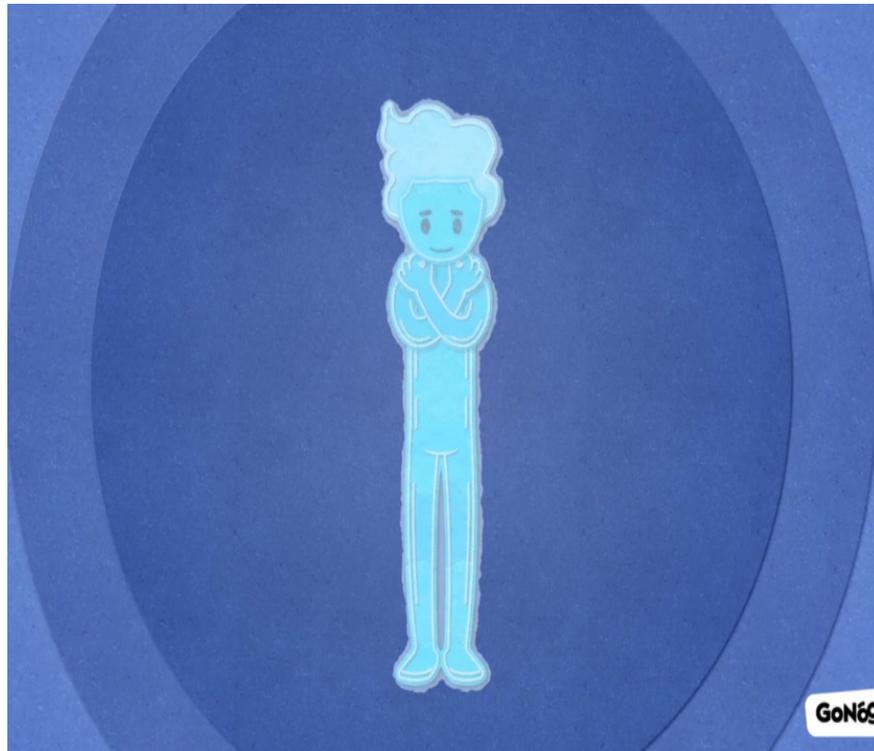
- Do same relaxing things in same order at same time each night
- A warm bath will help your child relax
- Keep lights dim to encourage the sleep hormone, melatonin.
- Once they're in bed, encourage quiet, relaxing activities, such as reading, listening to relaxing music, or breathing exercises

headspace

THE SCIENCE BLOG FOR WORK HOW TO MEDITATE



[Headspace wind-down exercise for sleep](#)



[GoNoodle Flow - Melting video](#)



[Cake meditation!](#)

<https://insighttimer.com/andyhobson/guided-meditations/cake-meditation>

Relaxation exercises

GROUNDING WITH YOUR FIVE SENSES

What are → 5 THINGS YOU CAN SEE

ideas → **SUN**
PICTURE ON THE WALL
PEOPLE WALKING

4 THINGS YOU CAN FEEL

WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3 THINGS YOU CAN HEAR

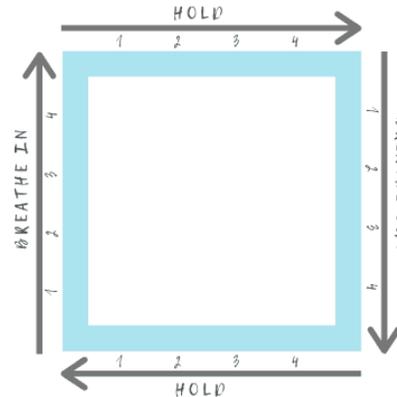
BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2 THINGS YOU CAN SMELL

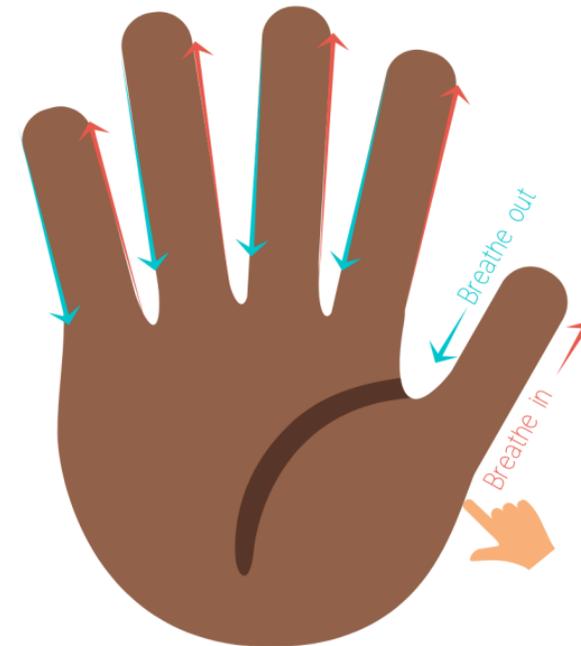
FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1 THING YOU CAN TASTE

MINT
Breakfast
TOOTHPASTE



5 Finger Breathing



[Pooky Knightsmith - Finger breathing video](#)



Improving children's
mental health

Wellbeing activities for families

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>



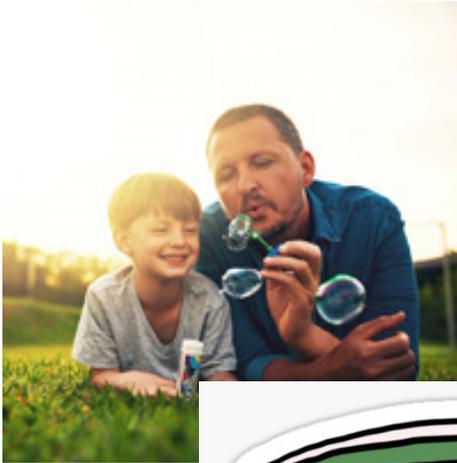
“I Express Myself Through...” – virtual sessions on creative expression

<https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/>



Partnership For Children – packs

Be a role-model: supporting your wellbeing



- Parenting or caring for a child or young person can be tough. It's completely normal to be worried, scared or helpless during difficult times.
- It's important to look after your own wellbeing, to help you support yourself and those you care about.
- By looking after your wellbeing, and finding ways to notice, express, and regulate your emotions, you're being a role-model to your child and modelling good self care.

Share in the chat: What helps you look after your wellbeing?

Be a role-model: supporting **WGS** your wellbeing

FIVE WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

FIVE WAYS TO WELLBEING AT A TIME OF SOCIAL DISTANCING:

<https://neweconomics.org/2020/03/five-ways-to-wellbeing-at-a-time-of-social-distancing>

Circle of control



3-minute breathing space



3-minute Mindful Breathing Meditation (Relieve Stress)

[Mindful breathing exercise](#)

Resources for parents

There's plenty of help out there. You should never feel like you have to cope on your own.

[Young Minds](#) has lots of support for parents, including a helpline and guidance around [parenting with a mental illness](#).

Mind has information and suggestions on how to manage [parenting with a mental health problem](#).

Scope has advice on [managing stress when caring for a disabled child](#).

Coronavirus (COVID-19) advice and support for parents and carers

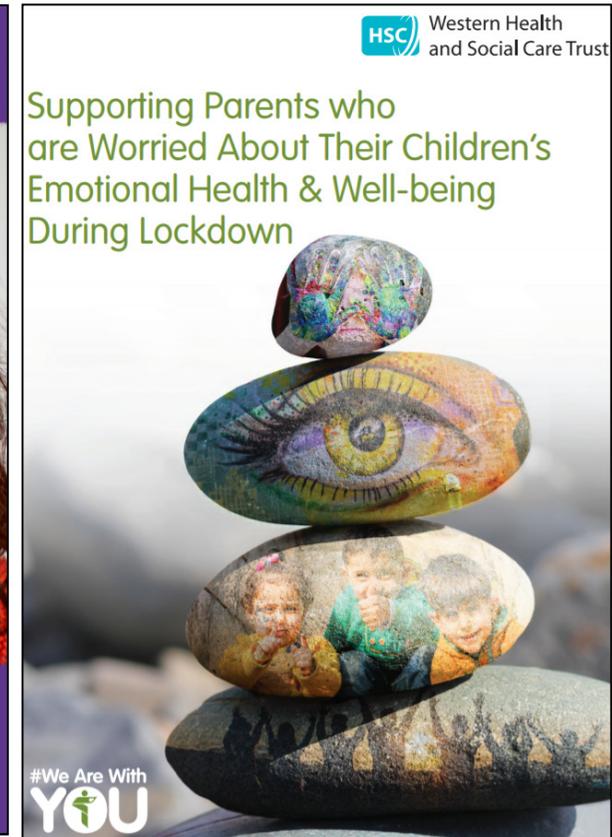
Whether you're working from home with your kids or supporting children with anxiety due to coronavirus, we've got tips and advice for you.



YOUNGMINDS

"Give yourself time, keep in contact with others and don't watch the news too often."

From parent to parent: a guide to getting through coronavirus for parents and carers



HSC Western Health and Social Care Trust

Supporting Parents who are Worried About Their Children's Emotional Health & Well-being During Lockdown

#We Are With YOU

pinpoint
for parents by parents

CHILD MIND INSTITUTE

Topics A-Z For Families For Educators Clinical Care Our Research Our Impact Get Involved

TOPICS A-Z » AUTISM SPECTRUM DISORDER » Articles

Tips for Talking With Your Child With Autism About the Coronavirus

Managing your child's challenging behaviour

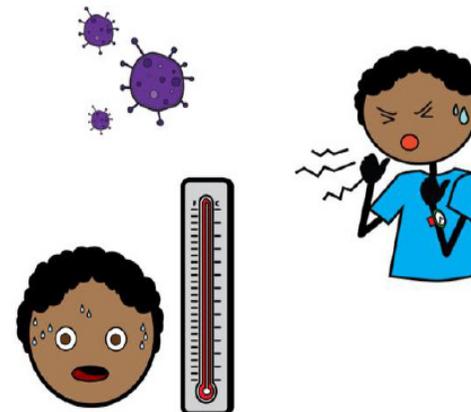
Supporting children with special educational needs and disabilities

Advice for parents and carers on supporting SEND children during coronavirus (COVID-19).

Social story about COVID-19

WWW.LITTLEPUDDINGS.IE

The Coronavirus is a virus that can make people feel unwell.



Who can I contact?

If you would like to follow up with the school about your child's mental health and wellbeing, you can **contact the school office** who will put you in touch with Mrs Harvey



IAPT Patient Portal

improving patient wellbeing



SAMARITANS

Call: 116 123

Are you in a mental health crisis?

Then call...

NHS

First Response Service

111

option

2

Any questions?

