

# Supporting your child's wellbeing

Parent Workshop – created by Sue Jones December 2020



# Everyone has mental health

It is so important to remember that everyone has mental health just as they have physical health. Our mental health and wellbeing are closely linked and will fluctuate from day to day/week to week.



**Good Mental Health**  
Feeling positive.  
Feeling care free.

**Middle Ground**  
Feeling okay

**Poor Mental Health**  
Feeling low or down.  
Feeling bad about yourself.

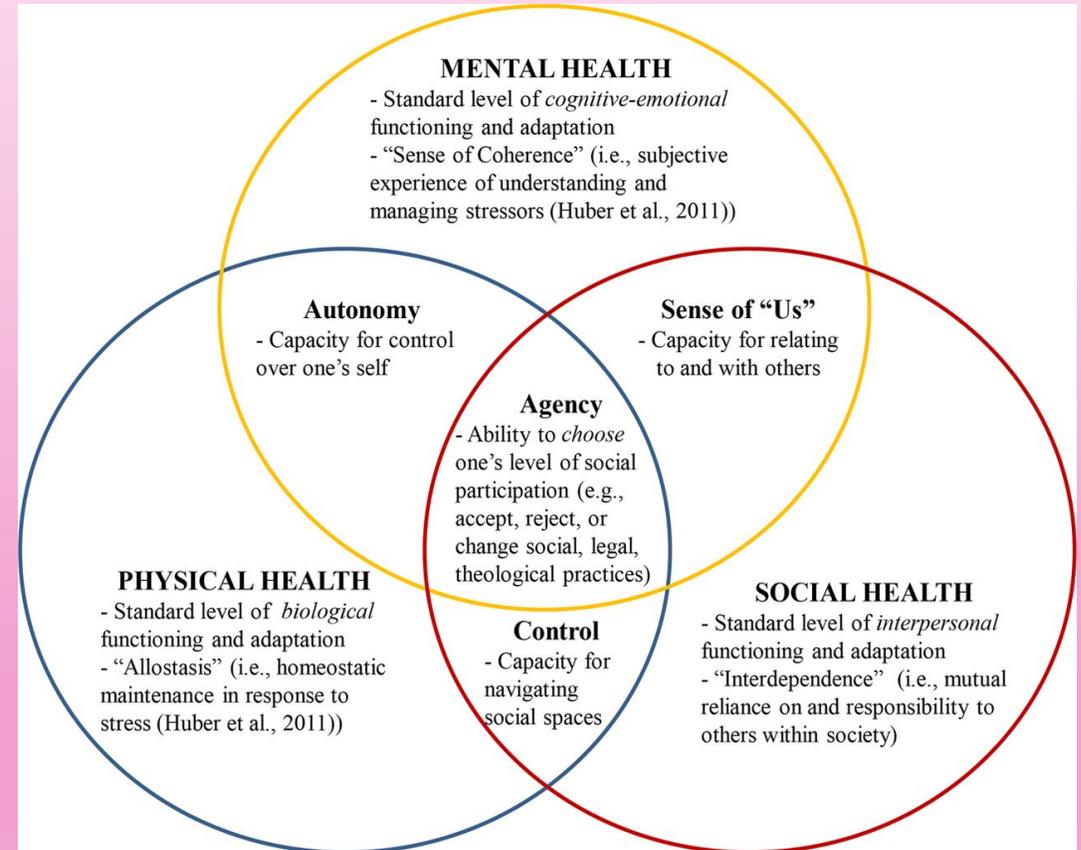
# Wellbeing – definition – the state of being comfortable, healthy and happy

**It is important to realise that wellbeing is a much broader concept and includes how people feel and how they function, both on a personal and social level and how they evaluate their lives as a whole.**

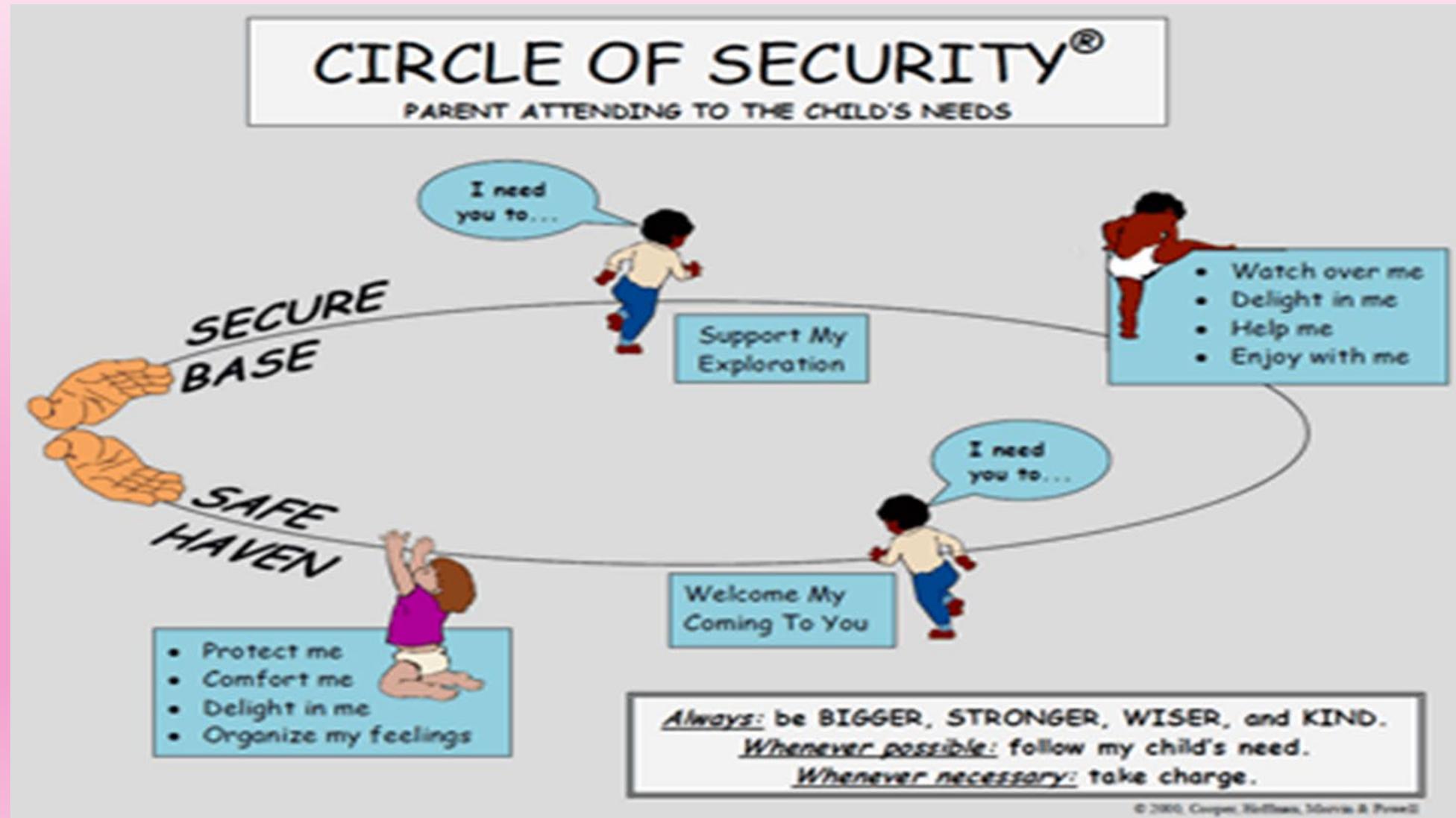
**With this in mind, it is possible to see how wellbeing changes from time to time and in line with life events and circumstances.**

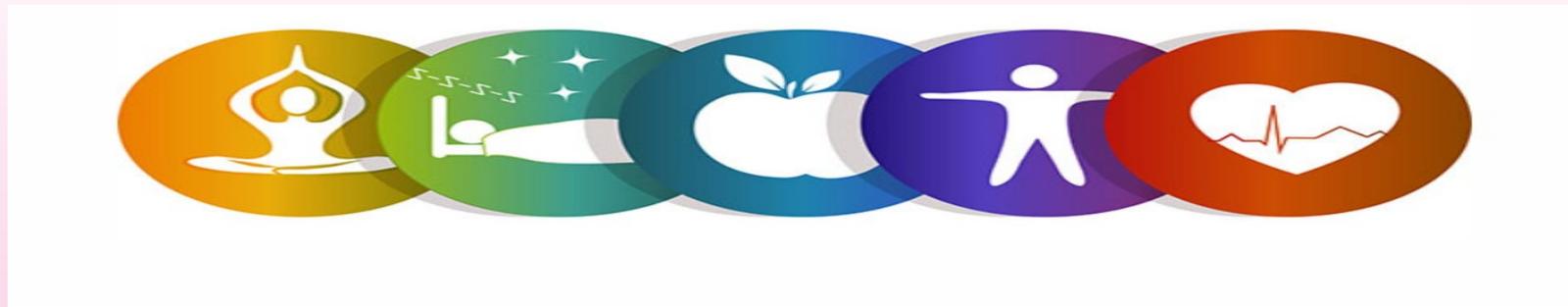
# The link between physical and mental health

- All aspects of health are interdependent. Mental health is just as important as physical health and more recently we have come to realise that it needs an equal amount of focus and care.
- Our mental health affects everything we do; how we interact with others, how we cope when things do not go to plan and how we concentrate, sleep and eat.



# Your child's wellbeing is in your hands





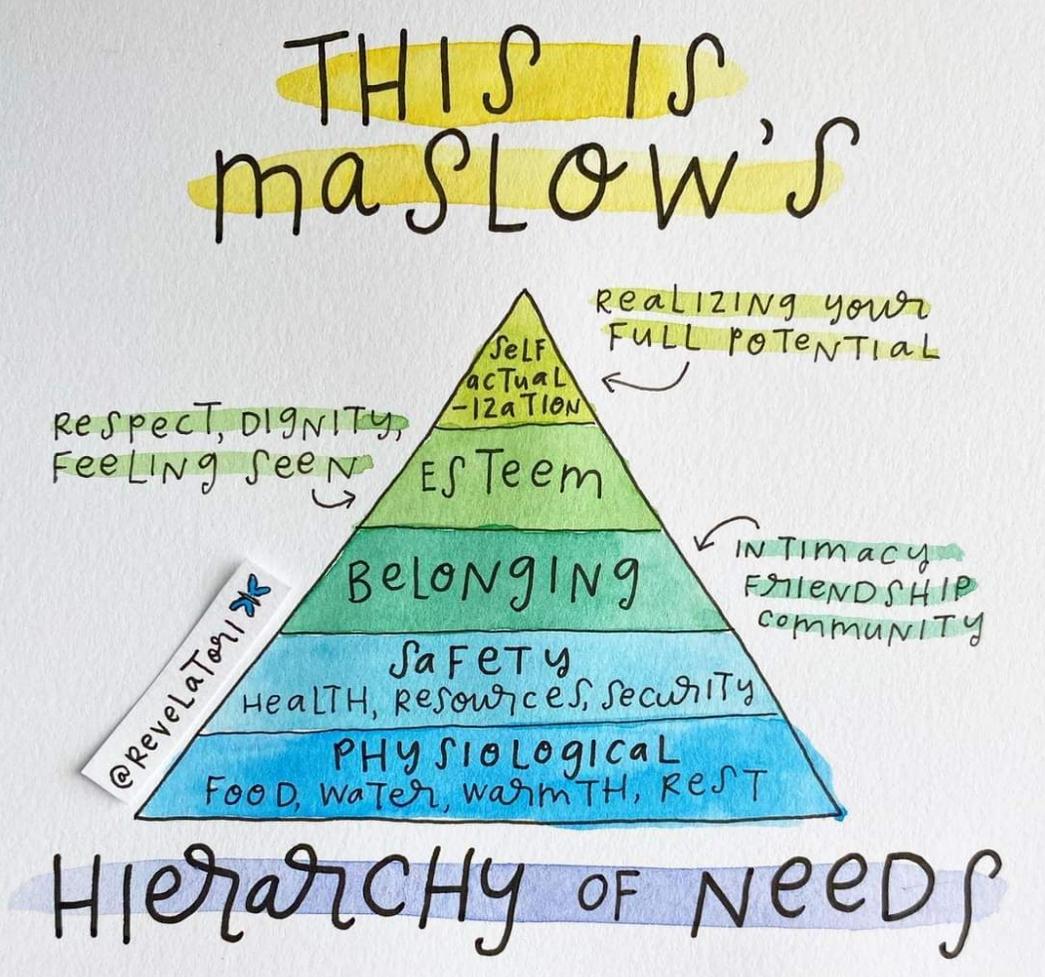
Think about your child/children:

- Do they have a regular routine?
- Are they having enough sleep?
- Are medical needs met and do they have regular health checks?
- Do they appear to have enough energy?
- Do they eat healthily?
- Do they have enough opportunity to be physically active during their daily lives?
- Are they aware of their own personal care and needs?
- Are they comfortably dressed and do they have the resources they need to manage their day?

Our children need these things to be in place in order to:

- Feel confident with positive self-esteem
- Build and maintain healthy relationships
- Feel a sense of purpose and engagement.
- Work and learn productively.
- Cope with the stresses of daily life.
- Be able to adapt and deal with change.

When the needs at the bottom of the triangle are met then an individual can reach their potential



# What are the most important things a parent can do?

- After keeping children safe and well and providing for their physical needs, the best things that you can give them are free!

- Spend time



- Give unconditional love



- Develop their self-esteem



# 5 Ways to Wellbeing

## 1 Connect

- Spending quality time with your child is the most important thing that you can do. It helps a child to build a sense of belonging and self-worth
- gives you an opportunity to share positive experiences
- provides emotional support, role modelling and life examples.
- There are lots of things you could try to help build stronger and closer relationships:
- Talk, talk, talk! When walking the dog, cooking together, walking to school. Model everyday talk about feelings such as talking about the feelings of a TV character. Let them know how you feel about things too!
- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- try switching off the TV to talk or play a game with your children/family
- Take up a new hobby together, craft, swimming, baking or perhaps cycling.
- If there are other siblings, try to find special, separate time with each one, go for a walk or a shopping trip, this is often when children will open up and share with their adults.
- Arrange to meet with parents and their friends, maybe a trip to the park or a playdate.
- Make the most of technology to keep in touch with older relatives. Children need to feel connected with their wider group.

# 5 Ways to wellbeing

## 2 Physical activity

- Exercise has a positive effect on our emotions. It releases endorphins, nature's feel good hormones.
- Exercise will help to develop your child's gross motor skills and enhance their physical development and capability.
- Exercise can be energising and helps regulate emotions.
- Your child may wish to join a sports club like dancing or Karate.
- Look for activities in the local area.  
<https://find.redbridge.gov.uk/>
- Try gardening, planting fruit and veg.  
Why take the car when you can walk?
- [www.youtube.com › user › CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)
- Interactive adventures which build strength, balance and confidence - and gets **kids** into **yoga** and mindfulness early!
- Make time for play. Role playing scenarios is a child's way of making sense of their world. It is essential for emotional development.

# 5 Ways to wellbeing

## 3 Learn new skills

- Research shows that learning new skills can improve a child's mental wellbeing by:
  - boosting self-confidence and raising self-esteem.
  - Helping them to build a sense of purpose
  - helping them to connect with others
  - Some of the things you could try include:
    - try learning to cook something new. Find out about [healthy eating and cooking tips](#)
    - Work together on a DIY project, such as fixing & painting a broken bike, making a garden shed into a den or making cushions. There are lots of free video tutorials online.
    - try learning a new language, children have great fun practising.
    - try new hobbies that challenge them, such as writing a blog or learning to paint
    - Homework develops their skills and as their skills develop, so will self-esteem and life chances.

# 5 Ways to wellbeing

## 4 Give to others

- Research suggests that acts of giving and kindness can help improve mental wellbeing by:
  - creating positive feelings and a sense of reward
  - giving a feeling of purpose and self-worth
  - helping you connect with other people
- One of the hardest things for a parent to do is to slow down and find time to talk and listen to our children, no matter what age. Give your time!
- Encourage small acts of kindness towards others.
- Encouraging your child to give old toys and clothes to charity shops to benefit others.
- Teach gratitude and understanding of those less fortunate. Help with fundraising/charity days.
- Telephone an elderly relative or person that you have not seen for a while to have a chat and check if they are ok.

# 5 Ways to wellbeing

## 5. Pay attention to the present moment (mindfulness)

- Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. This is true for children and their adults.
- Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.
- Read more about mindfulness, including steps you can take to be more mindful in your everyday life.
- Always offer your children empathy. You will not always have solutions. Develop strategies that your child can use in times of crisis.
- Encourage your child to pay attention to their feelings. It is natural to feel big feelings like anger, jealousy, disappointment. Teach children to reflect and process emotions in a positive way.
- Here are a couple of suggestions for short Mindful Meditations for you to try.
- [Mindfulness for children – these clips are on youtube](#)
- Cosmic Kids Zen Den – Mindfulness (A selection of five minute clips.)
- [Sitting Still Like a Frog \(5minute mindfulness sessions.\)](#)
- [These are for adults](#)
- <https://www.youtube.com/channel/UCkB9zEEqnP9kMIf5VChd99Q>
- <https://www.puregym.com › blog › top-free-mindfulness-apps>

It is often quite difficult to open up a conversation about mental health. Here are a few ideas.



- Find a quiet time and a relaxed place to talk
- Listen carefully (ask another adult to manage any distractions)
- try not to look shocked or over react but if it is important enough for you to notice then it must be taken seriously and not dismissed.
- Ask open questions to encourage them to talk
- It is easier to talk side-by-side instead of face-to-face: On a walk, or during an activity.
- Even when you have done everything, things can still go wrong. Parenting is not a perfect science. We all know that. Be kind to yourself too!

# Some facts and figures

- **1 in 4 people** will experience a mental health problem in their lives.
- **450 million people worldwide** have a mental health problem
- Those with mental health problems often have poorer physical health compared to the general population. **Mental and physical health are closely linked.**
- **1 in 10 children** experience a mental health problem.
- At any time, **1 in 6** adults has a mental health condition and **1 in 100** has a severe mental illness.
- Most people who experience mental health problems recover fully, or are able to live with and manage them, especially if they get help early. **It is important to recognise the benefits of early intervention and the successes associated with it.**



# Spotting signs

You as parents are experts about your own child. You are most important in recognising when things are not right or when they are showing signs of distress. The most common mental health problems you are likely to see are:

## Anxiety

Generalised anxiety disorder (GAD) is a long term condition that causes you to feel anxious about a wide range of situations and issues rather than just one specific event. This is becoming more and more prevalent in young children.

## Bipolar

Bipolar disorder affects mood which can swing from one extreme to another – causing episodes of depression and mania.

## Depression

Clinical depression, feeling persistently sad for weeks or months, rather than just a few days. This is now common in younger children. This can be linked to a specific event or have no obvious trigger.

## Eating disorders

An unhealthy attitude to food which takes over your life and makes you ill.

Anorexia, Bulimia, Binge Eating Disorder and other specified eating disorders are present in many young children.

# Signs to look out for in our children

- Increased irritability and restlessness
- Unusual reactions and responses to situations
- Persistent low mood
- Seeking isolation
- Changes in attendance
- Weight change
- Changes in behaviour

More serious signs and symptoms, requiring intervention from professionals, may include:

- Psychosis
- Suicidal feelings
- Paranoia
- Self-harm
- Hearing voices
- Please share any concerns about a child. Mental health and wellbeing is an area in which we can offer support.

# How do we create & maintain a healthy environment in the playground/classroom and promote positive mental health & well being of pupils?

During lockdown and through our training this year, We have studied factors that increase a person's vulnerability to mental health problems but for many people, mental health problems are likely to be caused by a combination of factors. It is important that we recognise and appreciate that everyone has different responses to situations and to never underestimate how someone may be feeling. Our responses are as different as we are. What may seem trivial to one could be a crisis for another.



[www.acesonlinelearning.com](http://www.acesonlinelearning.com)

- Duration: Approximately 50 minutes. Cost: Free. This course has been funded by the Home Office Early Intervention Fund. Who is this course for? Practitioners ...

# Mentally healthy environments at Glade

Ready to Learn curriculum that encourages Personal, social and emotional development.

We know our learners and their families very well

Hygiene is a must!

We encourage our learners to develop healthy balanced lifestyles

Healthy meals and snacks, physical activity and mindfulness built into every day

Outdoor learning

Bubble boxes and Worry Monsters in all rooms & regularly monitored

We provide a range of Clubs and activities

We ensure that we are approachable

We are positive role models

## • Our sources of support

- Share concerns with other professionals
- Elsa Trained Staff
- Staff trained in many Psychological Therapies & interventions
- School Counsellor
- Mentors
- Our Mental Health and Wellbeing offer – 3 levels of support
- A robust Mental Health and Wellbeing policy which signposts to sources of help and support
- Outreach Services to support MHW
- SENDCo/Mrs Jones can arrange support and refer to CAMHS & other services
- Safeguarding Team
- Posters for awareness and self-referral (older children and adults)
- Teaching self-help strategies through the curriculum.

# Last but not least!

Look after your own Wellbeing. If you are struggling, it will be difficult to offer support to others. Spend time recognising your own triggers and causes of stress and reflect on how you can minimise the effect of such emotional challenges.

Seek support/help when needed (See Glade Mental Health & Wellbeing Policy and wellbeing page on our Website.)

- We all have mental health, we are better still if we have Mental Wealth!



# Some documents to share with you



- **Glade Mental Health and Wellbeing Policy** (Signposts staff, parents and pupils to support services) This document explains how we deal with mental health and wellbeing needs at Glade.
- Glade website – has a wellbeing page & lots of support and info for families.

## Additional support and resources

Minded

Anna Freud Foundation

Place2be

Scope

Young Minds

Twinkl

ELSA website

## Helplines

- SHOUT - text 'Shout' to 85258 for 24/7 crisis text support
- Childline - under 19s can call 0800 1111 for free support
- YoungMinds parents helpline - 0808 802 5544, Mon-Fri 9.30am-4pm
- Autism helpline - call 0808 800 4104, Mon-Fri, 10am-3pm