



## Supporting Your Child's Mental Health.

### What is Wellbeing and Mental Health?

Thinking about mental health can feel a little overwhelming, but it's never too early to have those conversations with your child. When we talk about protecting a child's mental health, we mean their overall sense of wellbeing. Are they happy? Do they feel loved? Do they feel supported? Do they have friends?

In children, it's very important that we start from an early age to talk about feelings so that they know that they're loved and safe and have someone to talk to. This is what creates a feeling of wellbeing, when they know that they are valued and that they can trust others, especially their family and friends.

We can all struggle with our mental health and wellbeing at some point in our life and children are no exception to this.

At St Philip Neri with St Bede, we prioritise your child's mental health and well-being and look for possible signs of issues with this, such as;

- feeling as if no-one likes them
- feeling alone
- not knowing who to talk to
- being withdrawn
- struggling to make friends
- needing more attention than normal
- saying that they feel sad more than they feel happy can be common at school).

Having good mental health (also known as a sense of wellbeing), means for children that they feel a sense of security and have the knowledge that the adults who look after them will take good care of them, that they are generally happy at school and at home, that they have friends to play with and have things that they are looking forward to.

If you have any concerns about your child's mental health and wellbeing, please give school a call and we will always be happy to help you and to point you in the right direction of additional support.

Kate (Child and Family Support Worker)

### Did You Know...?

Poor mental health can affect our friendships, education and our physical health at any age.



### Why Not Try...

- Some fresh air
- Exercise
- A regular bedtime routine
- Swapping snacks for healthier treats
- Making time to talk

# How We Help in School.

## Circle Time Activities

A safe space in class for children to develop positive relationships with their peers by taking turns to talk and listen. Our classrooms are always a place where children are encouraged to talk about their feelings and receive support.



## Acts of Worship

Helping children with their spiritual wellbeing through prayers, reading the Bible, taking part in mass and liturgies and singing hymns and worship songs at assemblies and collective worship time.



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## Forest Schools

Helping children with their emotional wellbeing by learning more about the world around them and the importance of caring about their environment. Forest Schools promotes a child's self-confidence and self-esteem and improves their ability to solve problems.



## Additional Support in School

Sometimes a child would benefit from additional support that may be helpful outside of the classroom. If that's the case, we are more than happy to do whatever we can to help your child/ the child in your care.

### ELSA

At school we can offer ELSA for the children who would benefit from it. This involves regular support sessions for children with a trained teaching assistance who can help your child/ the child in your care with working through and understanding their emotions. ELSA trained teaching assistants provide support with working through anger, bereavement and self-esteem, amongst other areas, in a safe and calm environment. Please let us know if this would help.



### CHILD AND FAMILY SUPPORT WORKER

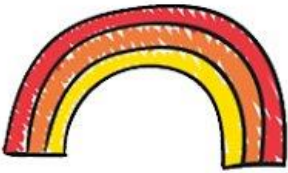
Kate is here to help with any support our families at school might need, whether that be recommending charities or agencies that might be able to help or checking on both a child and their adult's well-being.

Kate also does regular support sessions with children who are experiencing behavioural or emotional issues and supports children when emergencies arise.

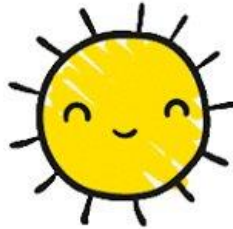
Her door is always open if you need it.

## Things to Try At Home

# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

# Wellbeing Bingo



Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

<p>Sung in the shower</p> 	<p>Played with a furry friend</p> 	<p>Had a good sleep</p> 	<p>Spent some time with my family/friends</p> 
<p>Listened to my favourite tune</p> 	<p>Read a good book</p> 	<p>Watched a great movie/TV show</p> 	<p>Eaten something delicious</p> 
<p>Done some exercise</p> 	<p>Stayed hydrated</p> 	<p>Drawn a picture</p> 	<p>Laughed until my cheeks hurt</p> 
<p>Spent some time in a park</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Visited somewhere new</p> 