

Supporting wellbeing at home

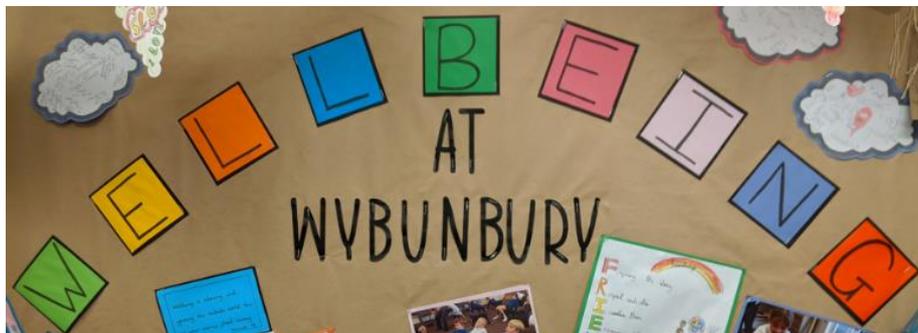
Dear Parents and Carers,

During this new lockdown, we need to remember to think about our wellbeing. As a school, we want to remind you that we are here to support your children and your families. Even though we are closed, we are still contactable if you are concerned about your child's wellbeing.

You may be noticing that your child is showing signs of anxiety as a result of a change to their routine and spending time indoors and away from their peers. These may include:

- Expressing sadness, anger or fear
- Wanting to talk about coronavirus all the time
- Not wanting to talk about the current situation at all
- Having trouble concentrating
- Acting out – change in their usual behaviour
- Becoming afraid to leave the house
- Distancing themselves from their friends and family
- Exhibiting intense emotions but being unable to talk about what they're feeling

Each week, work will be set around developing children's wellbeing and mental health at home. This work will be set on SeeSaw. We hope that these activities help in some way to improving your child's wellbeing and positive mind-set. We have also put together some useful resources to help to support your child. We hope that you find these resources useful. If you have any further concerns around your child's wellbeing, please let us know by contacting school.



Ways to take care of yourself and your family

1. **Talk** to your child about what is going on.
2. **Try** to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
3. **Explain** to your child that it is natural to worry sometimes and everyone does it. This feeling, like all feelings, will come and go.
4. **Be aware** that your child will often copy your behaviour, so if you are feeling anxious or overwhelmed, you may need to limit how much you express this in front of them.
5. **Give** some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. **Keep** as many regular routines as possible, so that your child feels safe and that things are stable.
7. **Spend** time doing a fun activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
8. **Encourage** your child to think about the things they can do to make themselves feel safer and less worried. Help them find things that distract or relax them.
9. **Be aware** that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. **Remember** to look after yourself too. If you are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

Information taken from <https://youngminds.org.uk/resources/school-resources/tips-leaflet-for-parents-supporting-your-child-during-the-coronavirus-pandemic/>

Ways to improve your mental wellbeing

- Spend time together as a family
- Do things for yourself – listen to your favourite music, read a book or learn a new skill
- Connect with others – talk to family and friends
- Write a list of positive things
- Get a good night's sleep
- Note down your worries and throw them in the bin
- Spend some time outside the house
- Practice breathing and meditation

Helplines and Resources for children and your families

<u>Organisation</u>	<u>Contact details</u>
YoungMinds Crisis Messenger	<ul style="list-style-type: none"> • Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. • If you need urgent help text YM to 85258. • All texts are answered by trained volunteers, with support from experienced clinical supervisors. • Texts are free from EE, O2, Vodafone, Three, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
Parents Helpline	<ul style="list-style-type: none"> • Our Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25. • Call our free helpline for confidential, expert advice on 0808 802 5544. • Available Mon-Fri from 9.30am to 4pm- available in England, Scotland, Wales and Northern Ireland. • Out of our operating hours, you can contact the Parent Helpline via our online contact form.
Childline	<ul style="list-style-type: none"> • Comforts, advises and protects children 24 hours a day and offers free confidential counselling. • Phone 0800 1111 (24 hours). • Chat 1-2-1 with a counsellor online. The Mix • Information, support and listening for people under 25. • Phone 0808 808 4994 (24 hours). • Get support online.
Samaritans	<ul style="list-style-type: none"> • 24-hour confidential listening and support for anyone who needs it. (Adults included.) • Website: www.samaritans.org.uk • Phone 116 123 (24 hours).
CAMHS - Child and Adolescent Mental Health Services	<ul style="list-style-type: none"> • Crewe: 01270 253841 out of hours: 01244 397644
Cruse Bereavement Care	<ul style="list-style-type: none"> • Support for grief and bereavement • Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) • Website: www.cruse.org.uk
SANE	<ul style="list-style-type: none"> • Emotional support, information and guidance for people affected by mental illness, their families and carers • Website: www.sane.org.uk/support
Mind	<ul style="list-style-type: none"> • Mental Health Charity • Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) • Website: www.mind.org.uk
	<ul style="list-style-type: none"> • https://www.visyon.org.uk/ • Visyon is a charity that supports the emotional health of children, young people and their families
Think Ninja	<ul style="list-style-type: none"> • ThinkNinja is a mental health app designed for 10-to 18-year-olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and developing skills they can use to build resilience and stay well.

Useful websites to visit for additional support:

Anan Freud - <https://www.annafreud.org/>
NHS - <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>
Mind – for better mental health <https://www.mind.org.uk/>
Youngminds - <https://youngminds.org.uk/donate/>
Education Endowment Foundation - <https://educationendowmentfoundation.org.uk/covid-19-resources/>

We understand the pressure many parents are feeling during this current lockdown. Please remember that, as a school, we are here to support you and your families.

The Wybunbury Delves Team