

Supporting Children's Wellbeing

A short guide for Parents and Carers

Over the last few months, we have had to adapt and adjust our lifestyles and routines in response to the coronavirus and lockdown.

Now, the return to school has brought about another aspect of change and uncertainty.

These tips have been suggested to help support your family's wellbeing and the return to school.

Managing Different Emotions

Acknowledge anxiety and other feelings by saying things like:

- "I can understand why you feel worried"
- "I noticed you didn't play with your friend, is anything on your mind?"
- "Thank you for sharing that with me, you are being really brave."



Create a safe space to talk by:

- Spending quality time with your child so they have your full attention
- Using eye contact to show you're listening
- Doing an activity with your child to make it easier for them to talk



Encouraging creative coping activities:



Keeping a Healthy Lifestyle for all the family



Reminding children to have healthy habits:

- Regular meals that include fruit and vegetables
- Daily exercise
- At least 8 hours of sleep each night
- Limit screen time, especially in the evenings and encourage more play and reading time

Helping Children Build Resilience

Praise the effort your child has made, rather than the final outcome:

- "I can see you worked really hard on that drawing"
- "You spent a lot of time on building that tower, I'm proud of you!"

Encourage your child to keep trying and learning from their mistakes:

- "You don't know how to do this **YET**, but keep going and you will."
- "Its OK to make mistakes, that's how you learn"



Support for Parents:

- <https://www.mentallyhealthyschools.org.uk/resources/?Audience=ParentsAndCarers>
- <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>