



Supporting your Child's Well-Being

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What we will cover in this session...

What we mean by well-being
and mental health

Child development and
emotional well-being

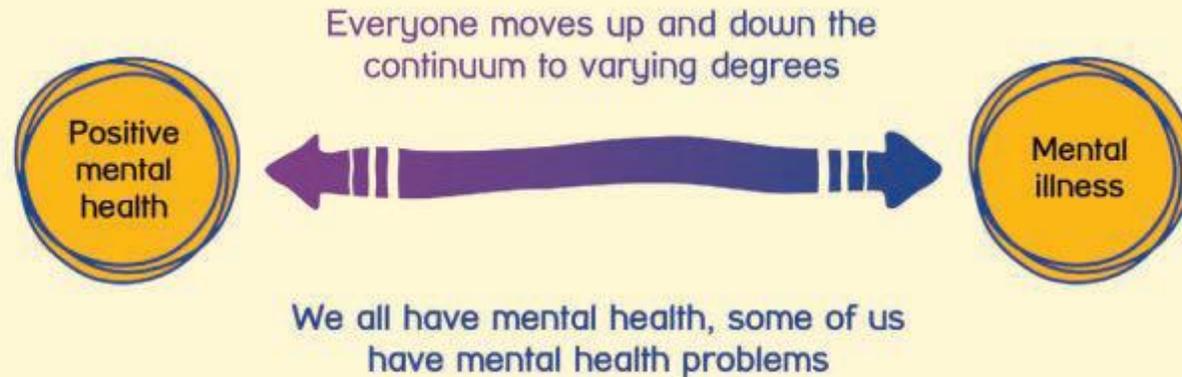
How we can support the
emotional well-being of children

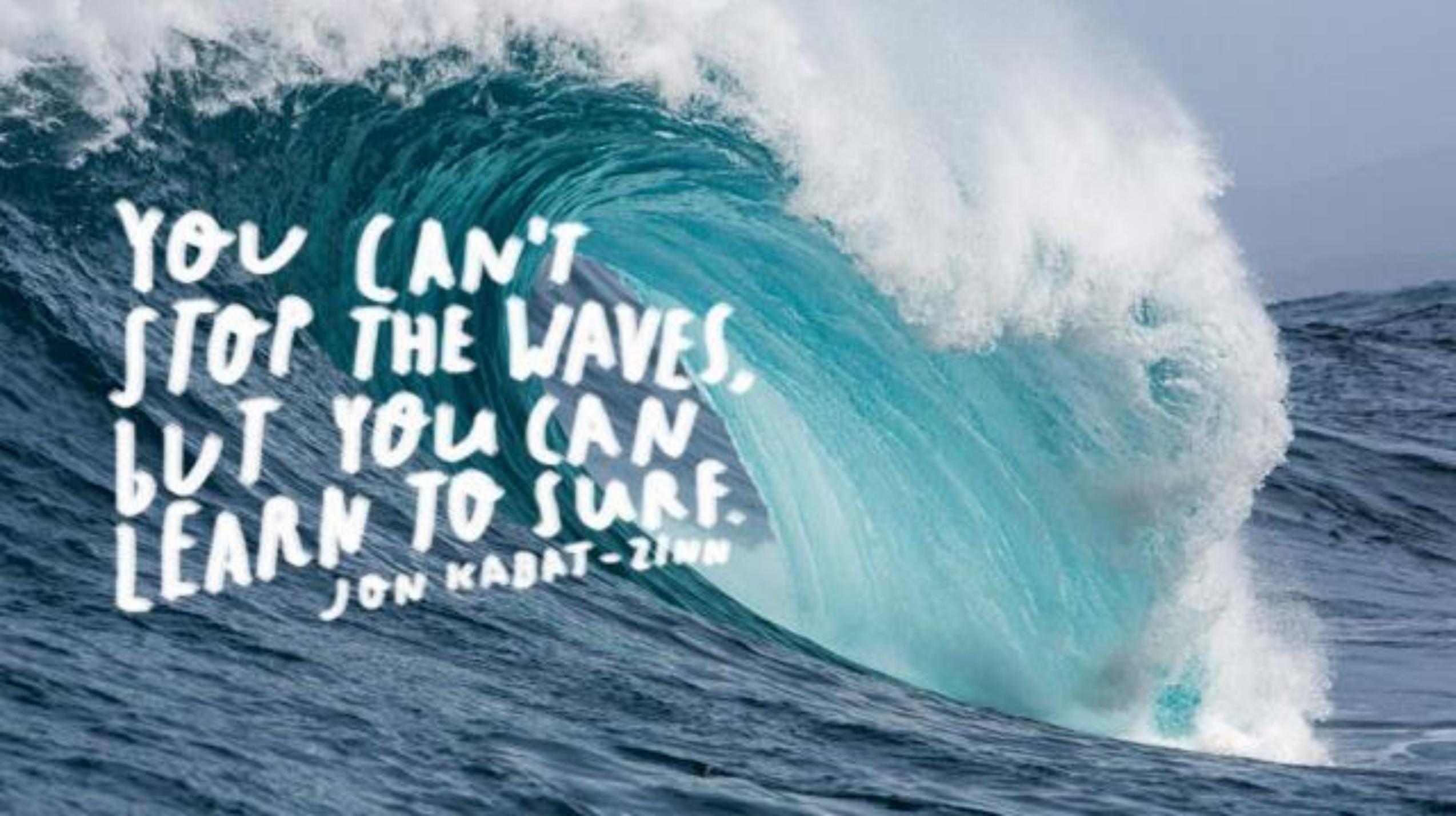
What do we mean by
the term emotional well-
being?

What is
emotional
well-being?

Definition of Mental Health

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.





YOU CAN'T
STOP THE WAVES,
BUT YOU CAN
LEARN TO SURF.
JON KABAT-ZINN

Why talk about well-being now?...



Most mental health issues in adulthood, start in childhood



Emotional well-being is important for all other aspects of success in school



Open dialogue improves emotional literacy and reduces stigma

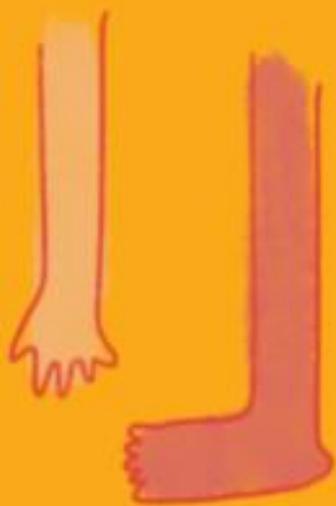


Develop good habits for life-long good mental health and well-being

Parents/carers of **primary school age** children
taking part in the survey report an **increase** in their child's ...



EMOTIONAL,



BEHAVIOURAL, &



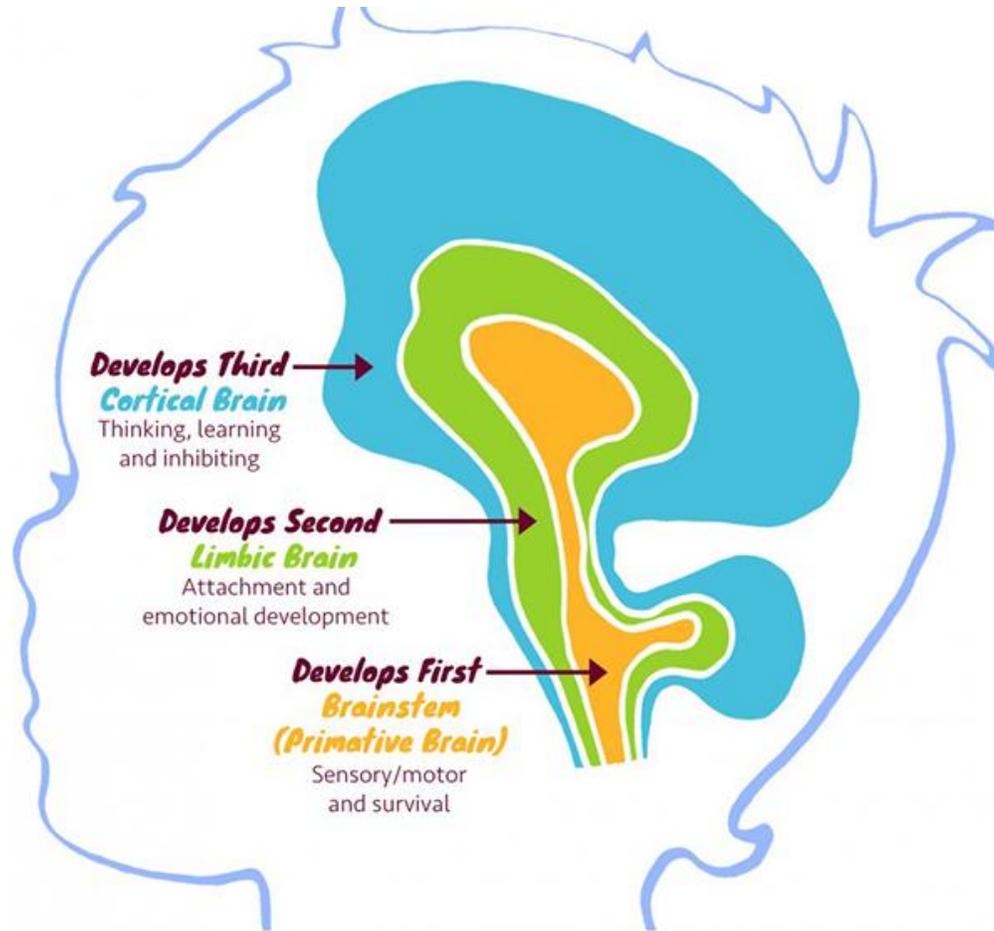
RESTLESS /
ATTENTIONAL
DIFFICULTIES

Take part here: www.cospaceoxford.com/survey

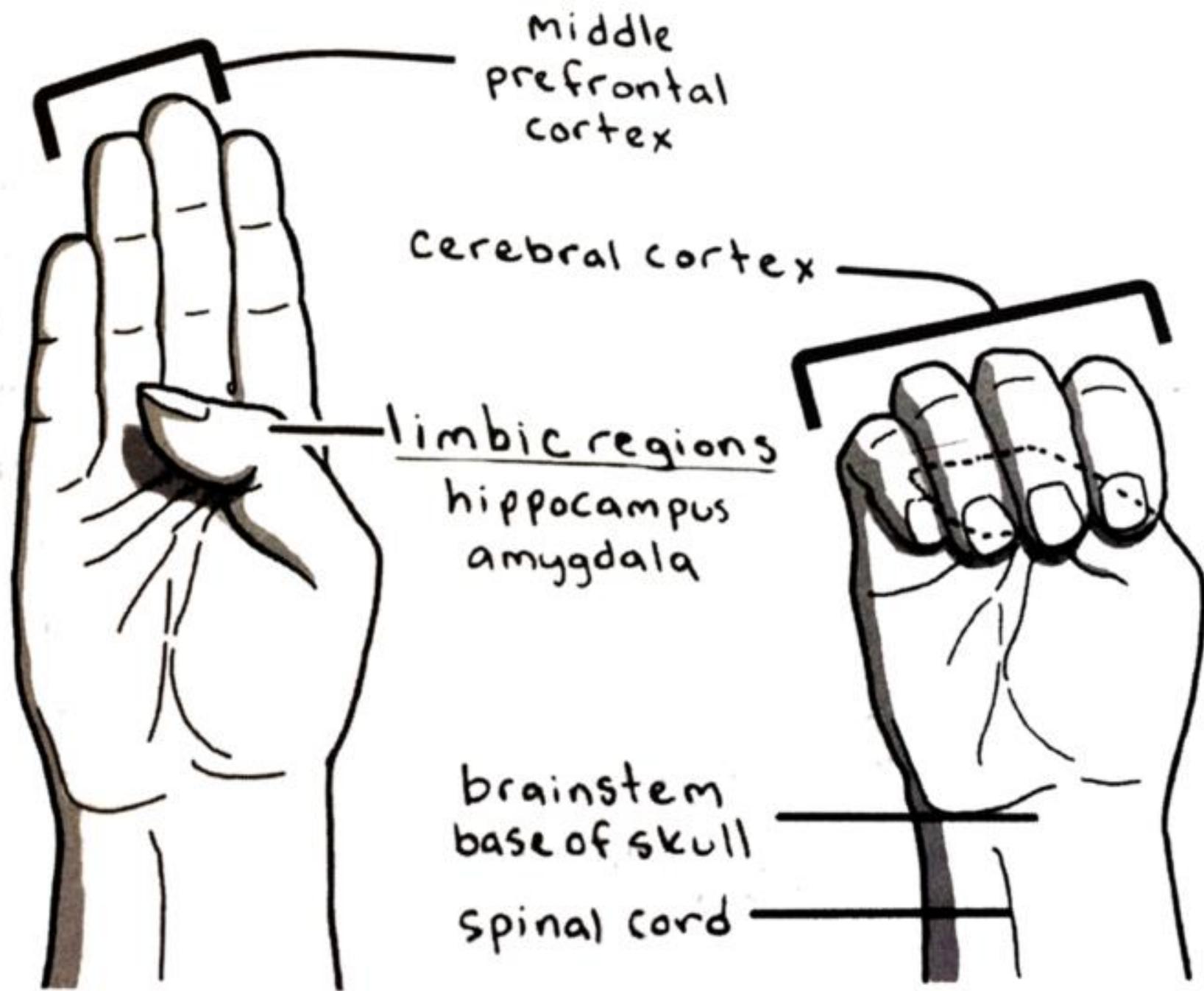


Child Development and Emotional Well- being





↑ Children's brains develop from the bottom up. ↑



When we are
angry

ANGER ICEBERG

ANGRY

Emotions
under the
surface.

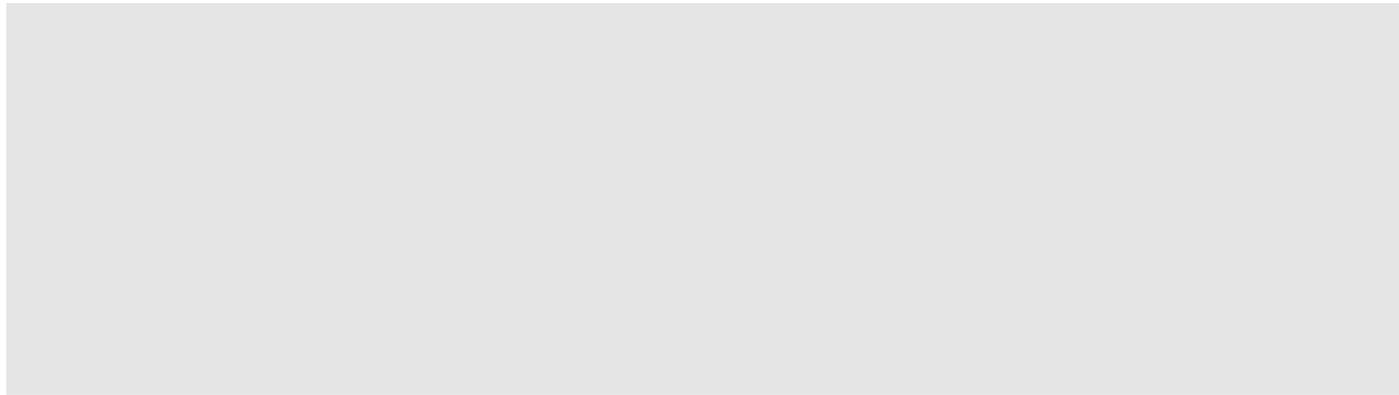
Worried Annoyed Hurt
Sad FRUSTRATED
OFFENDED ANXIOUS Alone
Guilt Grief DISRESPECTED SHAME
Insecure Uncomfortable HELPLESS
REGRET
Trapped TRICKED DISAPPOINTED
Pressured Other feelings

Most of the emotions are hidden.

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How can I support the
emotional well-being of my
child?

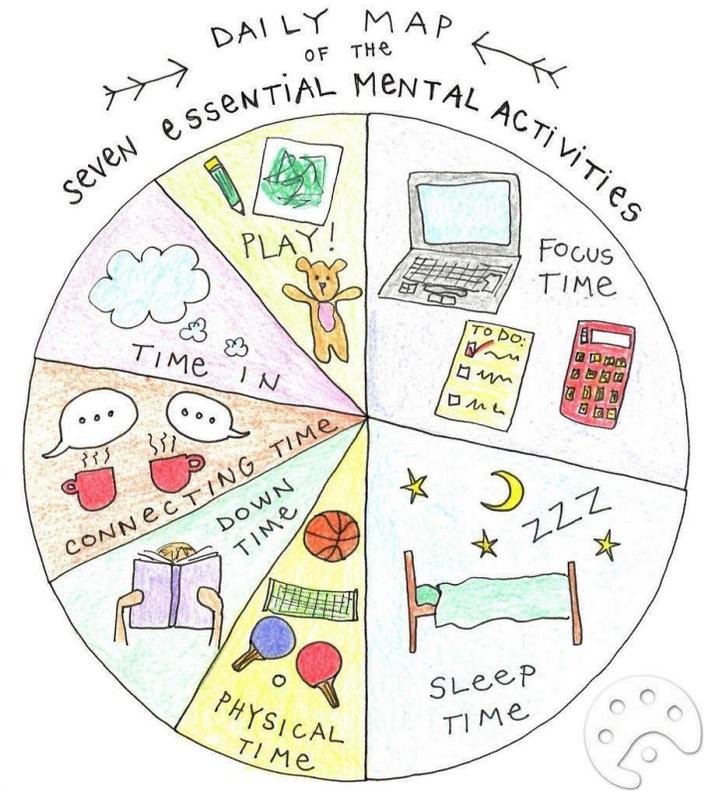


The Healthy Mind Platter



The Healthy Mind platter, for Optimal Brain Matter

The Healthy Mind Platter



1. Sleep

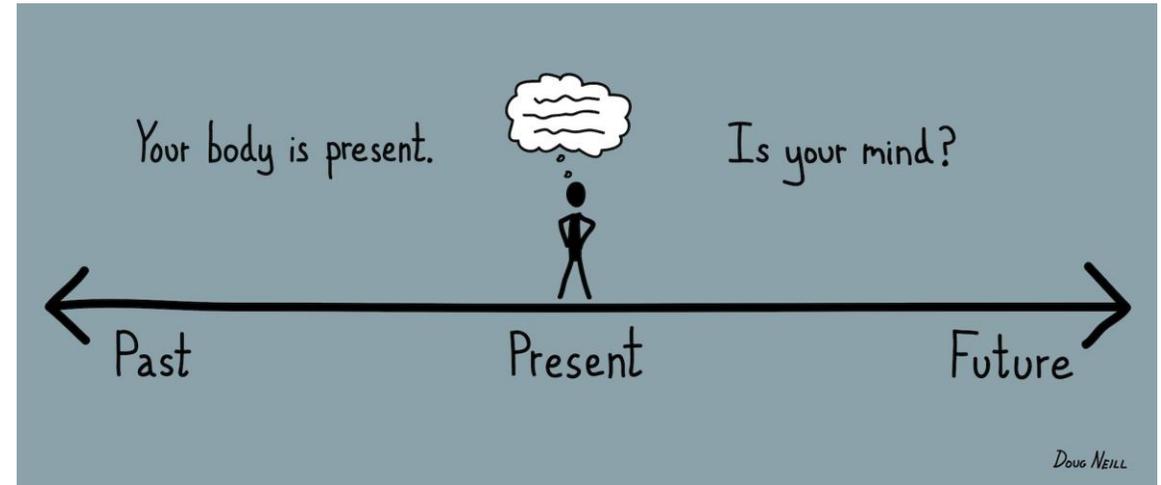
- Consistent bedtime and wake-up time
- Calm during hour before bed
- Avoid bright screens
- Bath
- Sleep stories/ meditation
- Lots of daylight exposure in the morning
- Avoid caffeine
- Avoid sugary food or drinks in the evening
- Don't eat too late
- Contact GP/ School nurse





2. Increasing 'Time In'

Mindfulness



Happy Self Journal

1

Quote of the day to help you be positive and strong

2

Top 3 things is all about gratitude.

3

To help you reflect on your day

4

These little checklists will help you remember little moments and help you develop a growth mindset.



5

Questions will help you think about your week

6

You can get your family involved too.

7

Try out these conversation topics at mealtimes with your family.

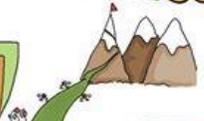
8

Write your own quote or affirmation.



GRATITUDE PROMPTS

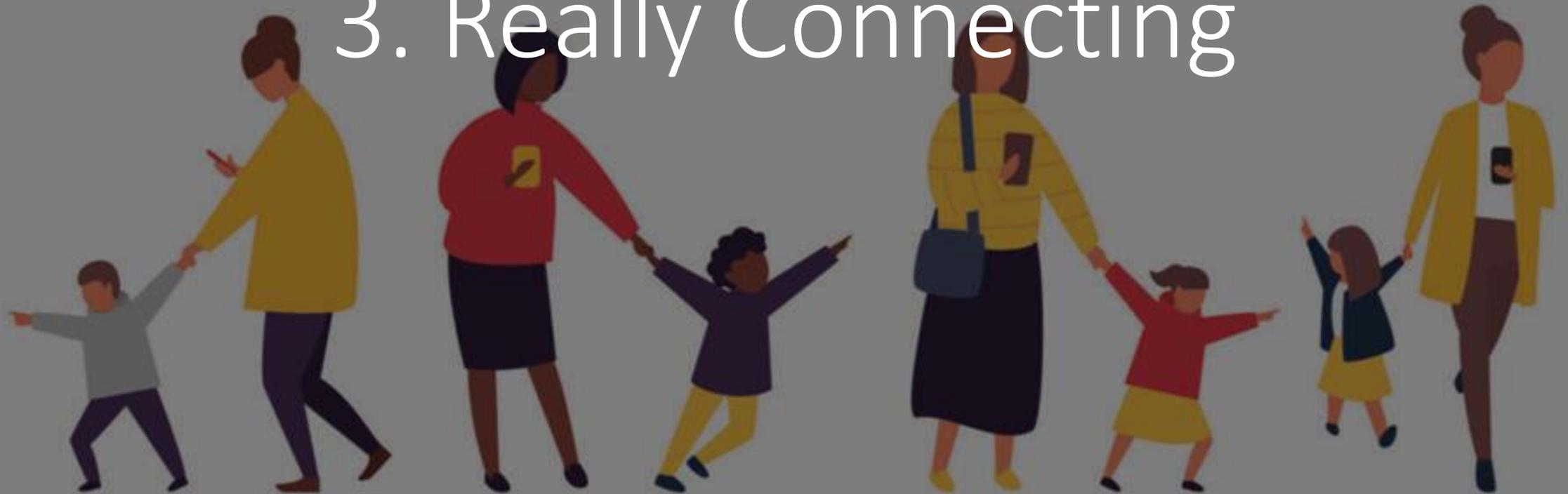


1. A **strength**  of mine for which I am grateful is...
2. Something **money can't buy**  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. A **memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...

Gratitude activity



3. Really Connecting





The Importance of 'Connecting Time'

- The Mental Health Foundation called relationships the '*forgotten foundation of mental health and well-being*'.
- Harmony at home is one of the most important predictors of well-being.

**Half of England's
teenage boys**

**don't feel comfortable
talking to their dads
about their mental health.**

#timetotalk



time to change

let's end mental health discrimination

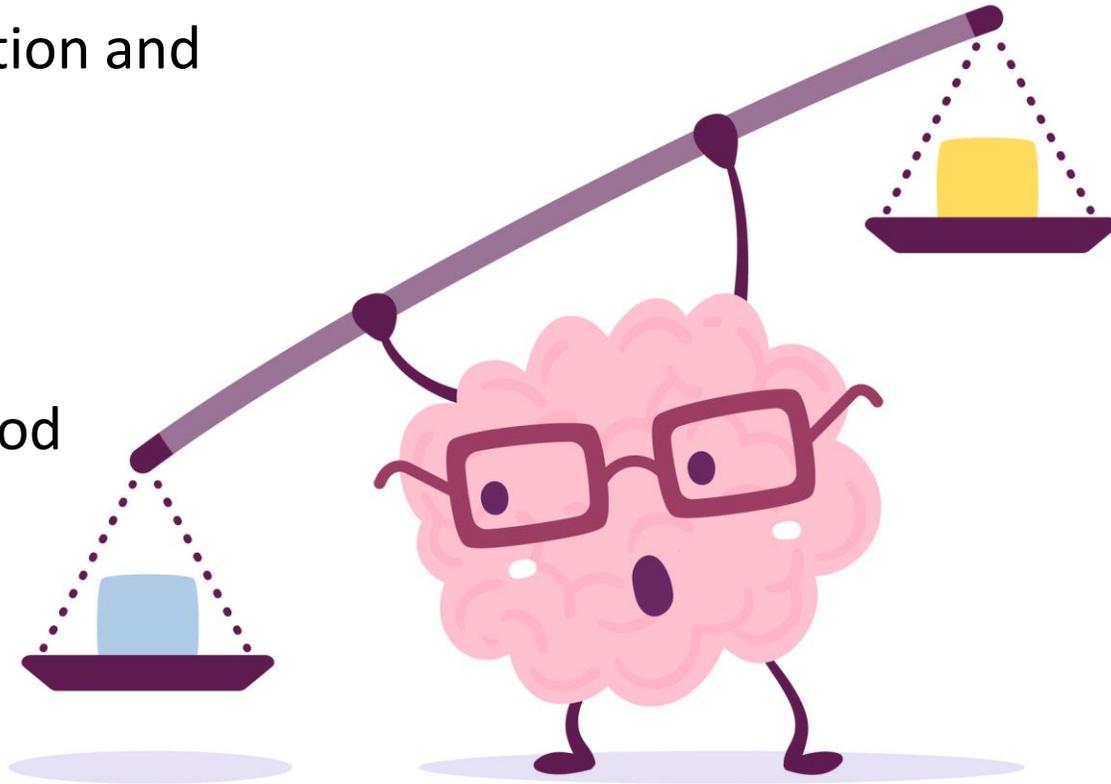
Connecting

- Follow their lead in play
- Consistent quality time each day
- Opportunities to talk about feelings
- 'Name it to tame it'
- Listen, validate, empathise
- Look for what they are trying to communicate through their behaviour



A note on 'screen-time'...

- ✓ Communication and connection
- ✓ Learning
- ✓ Increase mood



- ✗ Reduced interaction?
- ✗ Reduced physical activity?
- ✗ Impact on mood or behaviour
- ✗ Disturbed sleep

If you are
very
concerned...



Contact school to discuss your
concerns



Contact your GP who may be able to
make a referral to CAMHS if needed



CAMHS Advice Line-
0300 222 5755



Resources, websites, apps

- [Childhood Bereavement Network](#)
 - [Every Mind Matters | One You \(www.nhs.uk\)](#)
 - [Emotional Wellbeing | Barnardo's](#)
 - [Mindworks Surrey](#)
 - Samaritans (116 123)
 - Wysa app
 - Moshi Kids app
 - Calm Kids app
- 