

GHPS Wellbeing Newsletter

Welcome to our sixth wellbeing newsletter. Below are ideas with helpful web links to support your child's wellbeing while they are at home.

Helping Children Cope with Change

It is very likely during the ongoing changes we face, children will need additional support to express and understand their own anxieties and feelings. How children perceive the current changes to the lockdown will vary depending on their age and cognitive understanding, with one common factor, the feeling of confusion. These feelings of confusion may be very challenging, frustrating or frightening for them to grasp. These feelings can leave children feeling overwhelmed. It is important that we listen to and acknowledge their emotions, giving them the time and opportunity to talk about them.



As with any emotionally charged situation, children's feelings often emerge in physical or verbal (mis) behaviour. They are trying to convey something to us and we may need to take the time to understand what they are trying to say. During this time our reactions play a key factor, here are some helpful tips when responding to outbursts.

When we want to say

They may need to hear

I've had enough of this...

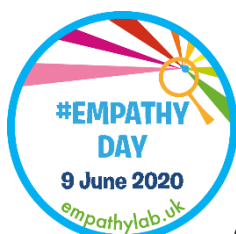
I'm here for you, tell me...

Just calm down...

Take a deep breath then tell me...

Stop shouting...

Let me help you... how can I help...



Empathy Day- 9th June

On 9th June EmpathyLab will be running online events and fun home-based activities to help children read, connect and act using empathy. Authors, illustrators, schools, libraries, and families across the UK will be taking part. EmpathyLab is an organisation that builds children's empathy through high quality stories.

Scientists say that we can train our brain with stories, as the more we empathise with characters the more we can understand other people's feelings. On their website, there are eight empathy shorts written by leading authors about boosting empathy to celebrate the day. All the resources mentioned can be located below:

<https://www.empathylab.uk/empathy-day>



Five Day Kindness Challenges

Theme – Art & Kindness

Day 1	Today, research a piece of art that you like, and write a small response to it. This can be anything from the Mona Lisa to a drawing that one of your siblings made. The important thing is to take the time to look at the piece of art, and to try to understand why you like it. When you write your response, try to focus on the feelings and meaning that the artwork gives you.
Day 2	Show the artwork that you found yesterday to a member of your household, or to a friend from school over the Internet. Ask them what their response to the artwork is. Afterwards, get your response from yesterday. Did you agree or disagree? Is either of you more right or wrong than the other?
Day 3	Expressing your creativity is a great way to calm your body and mind. What does it do for people? Research online to find a perspective on art that is different from your own. One person's idea of art can be completely different from another's – and art can be just as important to someone else for different reasons!
Day 4	Produce your own piece of artwork. This can be a painting, sculpture, a drawing, or any other way for you to express your creativity. If you're struggling for inspiration – go back to the activities in the previous three days. Share your artwork with the school.
Day 5	Present your artwork to someone else. This will ideally be the same person you showed the artwork to on Tuesday, but it can be anyone else. Ask them to write a response to your artwork, what comes to their mind when they see it, and how it makes them feel.

Places to go for Support and Advice



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>

Talking Therapies

Talking Therapies is an NHS service providing support to the people of Berkshire including NHS staff and carers, experiencing distress at this unprecedented time. They are there to support those aged 17+ struggling with mild-moderate low mood, stress, sleep difficulties, worry and bereavement.



You can self-refer by completing an online form <https://talkingtherapies.berkshirehealthcare.nhs.uk/make-a-referral/self-referrals/> or by calling 0300 365 2000.



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website:

<https://www.nspcc.org.uk>



Young Minds – <https://youngminds.org.uk/>

The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means:

<https://www.bbc.co.uk/newsround/51204456>



Any of our families with autism may be interested to know that Autism Berkshire continues to offer services to families wherever possible. They are moving things online as well as keeping the helpline and contact email address live.

You can contact them by phone: 01189 594 594 or email contact@autismberkshire.org.uk

The Autism Group are offering telephone support service for parents who live in East Berks. Also, they have extended their service at the moment to offer evening calls as well. Call Tricia Kempton (Charity Manager) on 07423 636339 or email: info@theautismgroup.org.uk for further information.



Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or wellbeing, please let the school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email to ghpsoffice@maidenerlegtrust.org



Keep safe and well,

Mr Ferris, Mrs Watson and all at Great Hollands Primary School