

GHPS Wellbeing Newsletter

Welcome to our second wellbeing newsletter for this lockdown period. Below are some ideas with helpful web links to support your child's wellbeing while they are at home.

Things to say to your anxious child

1. I am here for you. You are safe.
2. Do you want to do some dancing or running to get rid of that nervous energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back?
5. Let us draw your worry.
6. What does it feel like in your body? Where is your worry? How big is it?
7. Match your breath to mine.
8. Let us think up some endings for what could happen.
9. What is something we could do to make you feel better?



Looking after your Mental Health and Wellbeing while staying at home



Plan your day

We are all adjusting again to a rather strange way of life which can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Move more every day

Being active reduces stress, increases energy levels and can make us more alert and help us sleep better.



Try a relaxation technique

Relaxing and focusing on the present can help improve your child's mental health and lighten negative feelings. Why not try some yoga with your child during the day.



Below are the yoga links:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>



Connect with others

Staying at home can feel lonely. Find creative ways to keep in touch with family and friends, e.g. sharing a cup of tea, playing a game together, grandparents reading a story to their grandchildren via Zoom or simply phone or send a supportive text.

Take time to reflect (celebrating resilience)

Make time each day for your child and the rest of your family to reflect on what went well. It is important to recognise your successes and the things you are grateful for, no matter how small. You can ask your child to start a diary where they write two or three things they have been proud about or are grateful for that day. Mindful techniques can also help you focus on the present rather than dwelling on negative thoughts. Below are two mindful breathing exercises that you can do with your child:

Fiver Finger Breathing - <https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing - <https://www.youtube.com/watch?v=O29e4rRMv4>

Improve your sleep

Feelings of uncertainty and changes to daily life may mean your child, you and members of your family are having more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day and try and get some natural sunlight by opening curtains, etc. This helps regulate your body and can help you sleep better. Also, wind down before bed by avoiding tablets, phones and computers an hour before bedtime.



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/>

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/keeping-children-safe/coronavirus-advice-support-children-families-parents>

NSPCC



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 a telephone support service for parents who live in East Berkshire. 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, then please let 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@maidenerlegthrust.org



Keep safe and well,

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