

GHPS Wellbeing Newsletter

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

Managing Conflict

Being stuck in together can be a very trying time and it may be that conflicts and tensions can escalate. It is important to encourage time out and space for everyone so they can unwind and have some time alone. Share the chores where you can so everyone is working together.



Your children may display challenging behaviour during this time as they are feeling cabin fever and unable to get out of the house. Try to work out a set of boundaries with the children so they understand your expectations and you can grasp theirs too. Build in family time in the day so the children feel supported. Ensure they have structure through their day to minimise conflict.

How can I talk to my child about their behaviour?

Your child's behaviour is a communication about how they're feeling. When your child is acting out, it can be useful to think of an iceberg. The difficult behaviour is the tip, but there are likely to be a range of emotions hidden under the surface.

By opening up a conversation with your child, you can find out more about how they're feeling and what's going on for them.

1. **Find a suitable time and place to talk.** Your child might find it easier to talk if you start the conversation while doing an activity.
2. **Make it clear that the behaviour is the problem, and not them.** Let them know that it's okay to feel however they feel, whether that's sad, angry, worried or something else, and that you can work together to find new ways of managing these feelings.
3. **Explain why the behaviour is not okay so they understand.** For example, you might say that while it's normal to feel angry, it hurts other people when they hit.
4. **Be curious, empathetic and non-judgmental.** Focus on listening and trying to understand things from their perspective.
5. **Use simple phrases** such as 'I notice there is a lot of shouting happening', 'I think something might be upsetting you', 'I feel worried you're not happy', and 'I need you to know you can talk to me about what's going on'.
6. **Reassure them** that you love them and want to help them feel happier and enjoy things again.



If you are concerned about your child's behaviour or wellbeing then please contact the school, as we are here to help and support.

What is Anxiety?

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life e.g. you may feel worried and anxious about sitting a test, going to a new year group, having an injection, a job interview etc.

The pandemic and lockdown may impact on children's mental health in many different ways. Children may be experiencing increased anxiety and struggling to understand how they are feeling. Below is an explanation on why we become anxious and how it makes our bodies feel

1.

Why do we get anxious?

Our bodies have a built-in survival instinct from over 50,000 years ago, when we might have been living in the jungle. Let's go back to those days. Imagine you are walking through the jungle and a tiger jumps out in front of you.

Your life is in danger, so you need to run.



2.

What happens when we get anxious?

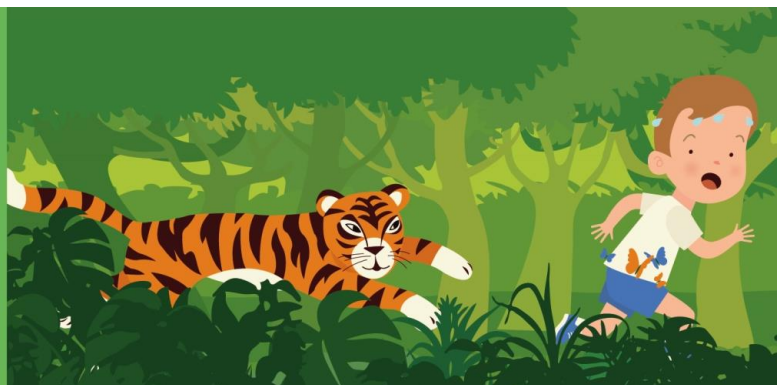
When we see something scary, we tell our brains something frightening is about to happen.

Our brain then gives our body instructions so that it is ready to run fast.

3.

These changes are useful when you're in danger

These changes can save our lives when a tiger is chasing us in the jungle, as they help us to react quickly and run away.





4.

When do you feel anxious?

You may be seeing 'tigers' where they do not exist. For example, do you get these anxious feelings at the thought of starting the school day, going to the playground, attending birthday parties or getting lost?

When you get these feelings, you may want to try and stay away from the place that makes you feel like this, because you believe that something scary will happen.

5.

Do you feel anxious at night?

You may get these feelings at night, and struggle with nightmares.

Anxiety can leave you lying awake at night, worrying about what you could have done differently that day and what frightening things might happen the next day. You may also worry about the future and possible frightening things that could happen.



6.

It is important to let someone know

If you feel anxious, it is important to talk to your parents, guardians or teachers. Let them know how you feel so that they know how they can support you.

Don't worry - they will be able to help so that you don't have to deal with these feelings all the time.

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.

www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/talking-therapies-berkshire



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>



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



GEMS
Autism & ADHD Support Service
East Berkshire

www.gems4health.com - This free service offers support to parents and carers of people up to the age of 25 who are either on the ASD diagnostic pathway awaiting assessment, or who already have a diagnosis in the Boroughs of Windsor and Maidenhead, Slough and Bracknell.

To find out more contact GEMS ADHD and Autism Support Service East Berkshire on 0800 999 1342 or email gems.4health@nhs.net

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@maidenerleghtrust.org



Keep safe and well,

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