

# Oughton Health Newsletter

Oughton Primary School Health & Well-Being Newsletter

Edition 9 Summer 2022

Welcome to the latest edition of our newsletter, Oughton Health, our very own newsletter with a focus on promoting good health, both physical and mental, as well as general good well-being. In this edition, we focus on the importance of supporting your child's mental health.

## How you can help your child's mental health

Nurturing our children's mental health should be an ongoing process as they move through the different stages of life. The good news is there are lots of really easy things that you can do to help as a Parent, Carer, family member or friend to help promote good mental health or to help when your child is struggling as waiting until things go wrong can make life difficult for all involved. It is, however, important to remember that it is normal for children to feel angry, sad, worried or stressed sometimes—after all, building resilience is all part of growing up and puts us in a good place for when we are adults.

Please see below for some examples of how you can support your child's mental wellbeing:

- 1. Listen** – actively listen to your child's concerns before you offer any advice and try not to interrupt. Give them your full attention. Always validate their feelings and repeat back to them what you have heard so that they feel that you have really listened. Be patient.
- 2. Respond** – try to respond calmly when their emotions are heightened. Try and see their behaviour as an insight into their needs and feelings – not as negative behaviour. Believe them and believe in them. Reassure them that you are there to help.
- 3. Model healthy behaviour** – look after your own mental health and be aware your mental health can also have an impact on your child. Take time for yourself to re-charge and re-boost so that you are in a fit place to help them. Tell them that it's ok not to be ok sometimes.
- 4. Surround them with positivity** – surround them with positive people – this can include encouraging them to Facetime/ Zoom people in your family who are upbeat and positive. Create positive places in their bedrooms – such as a photograph wall of fantastic times you have had together. Get them to create photo books.
- 5. Have scheduled family time** – show them that spending time with them is a very valuable thing. Let them choose activities, films or even that board game you dread!
- 6. Practice relaxation exercises together** – so this might not be everyone's cup of tea but try and do some sort of physical activity together and make it fun. 'Let's Dance' on YouTube is great as are Zumba classes but there are also some great yoga and mindfulness sessions out there as well.
- 7. Limit electronic time for everyone** - there should be agreed times when everyone in the family is off their devices. Too much time on devices really affects children's mental health as well as causing addiction and affecting their moods and sleep patterns. Model device abstinence and healthy relationships with your devices.
- 8. Help them keep safe and happy online** – perhaps the biggest impact on a child's well-being and mental health is the impact of social media and unsupervised access to the internet. Make sure that your parent controls and privacy settings are in place. Make sure that your child knows about online safety – how to block and report any unpleasantness. Reassure them that they can always talk to you if they are upset about something they have seen or by something someone has said. Promise them that you will never get angry but you will always listen to how they would like you to help them.



## IN THIS ISSUE:

- Supporting good mental health in your child

### Next edition:

- Building resilience

Ask your child about how school encourages them to consider the **Five Ways to Wellbeing** to support their mental health & wellbeing



