

Parent/Carer Well-being Workshop

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Introduction -

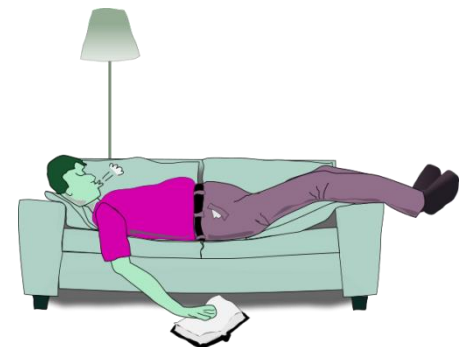
- This workshop is a chance to think about your own Emotional Wellbeing as parents
- We will be sharing with you the key Emotional Wellbeing messages which we are promoting to children across the school
- Resources and contact details will be available along with details of other helpful websites

Looking after yourself

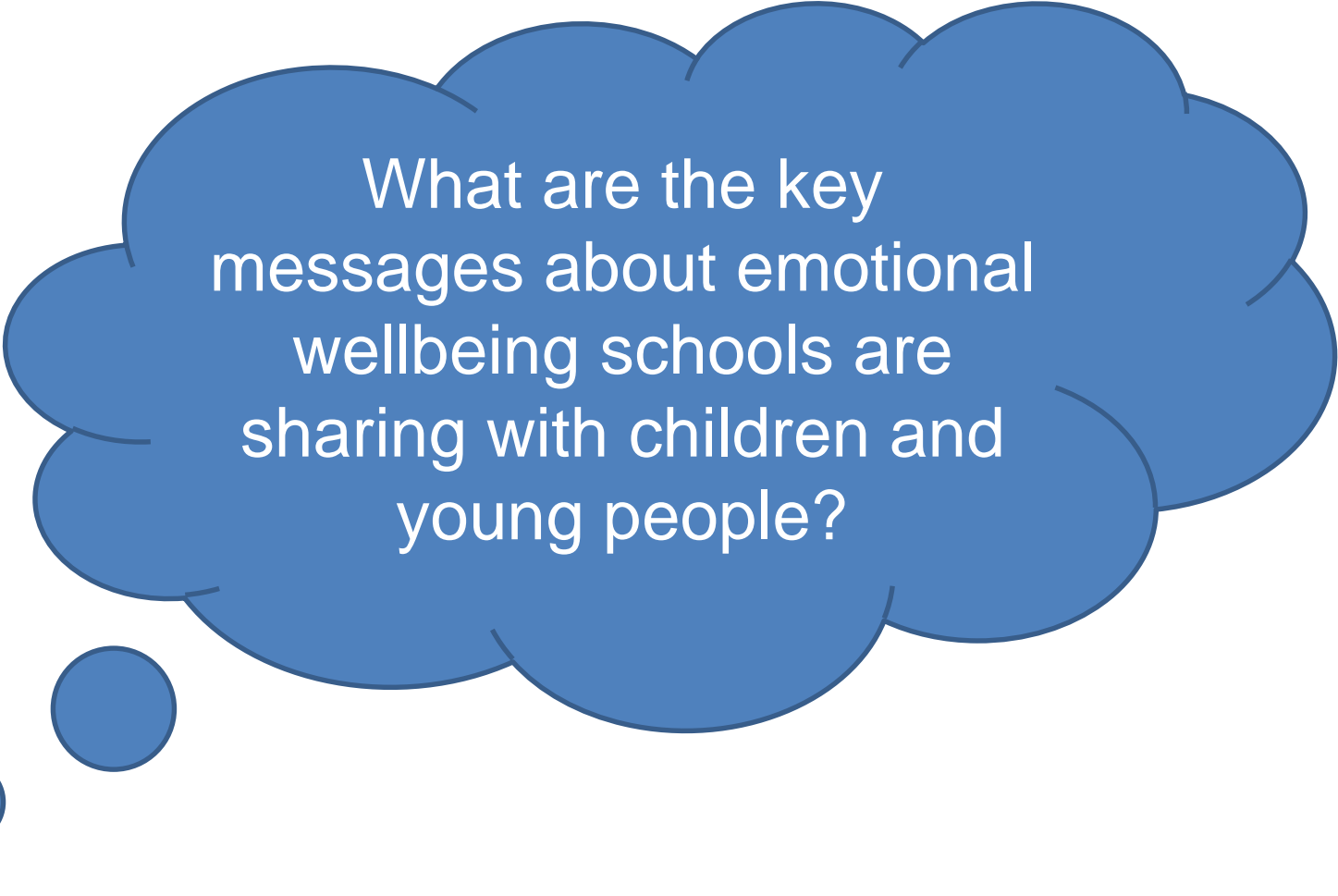
- **Parent /Carer role has so many competing demands it can be difficult to look after your own health/emotional wellbeing.**



- **BUT - Looking after yourself helps you to feel more able to understand and support your child or young persons emotional wellbeing.**



Emotional wellbeing in schools



What are the key messages about emotional wellbeing schools are sharing with children and young people?

It is good to talk!

- Both of the schools promote an open dialogue with staff, children and you as parents. No problem is too small or silly.
- Protective behaviours, “uh oh” feelings and network hands.
- Drawing and Talking therapy
- 1:1 mentoring sessions
- Group support such as Circle of Friends or Mindful boys.
- External agency work, such as play therapy and counselling.

Feeling Good 5 Messages for children and young people

- Feeling Good Five – children are aware of the 5 a day idea regarding healthy eating



- We want to make sure they are aware of the need to look after their emotional wellbeing (how they feel inside) and how to do this.

Highbury

- We know that we need to be teaching the children from a very young age about emotional health and resilience.
- Resillimouse is a character in all the classes. He has been joined by Fifi our “Feel Good Unicorn”
- Highbury House is a quiet space to rest and recharge
- Wake Up Wednesday gets us all moving in the morning!
- Here are the Year 2 children to tell you more...

Feel good 5 at Highbury

- At Highbury we talk about the Feel Good Fingers. To help the children remember how to look after their own well-being we have taught them a song!

(Twinkle twinkle)

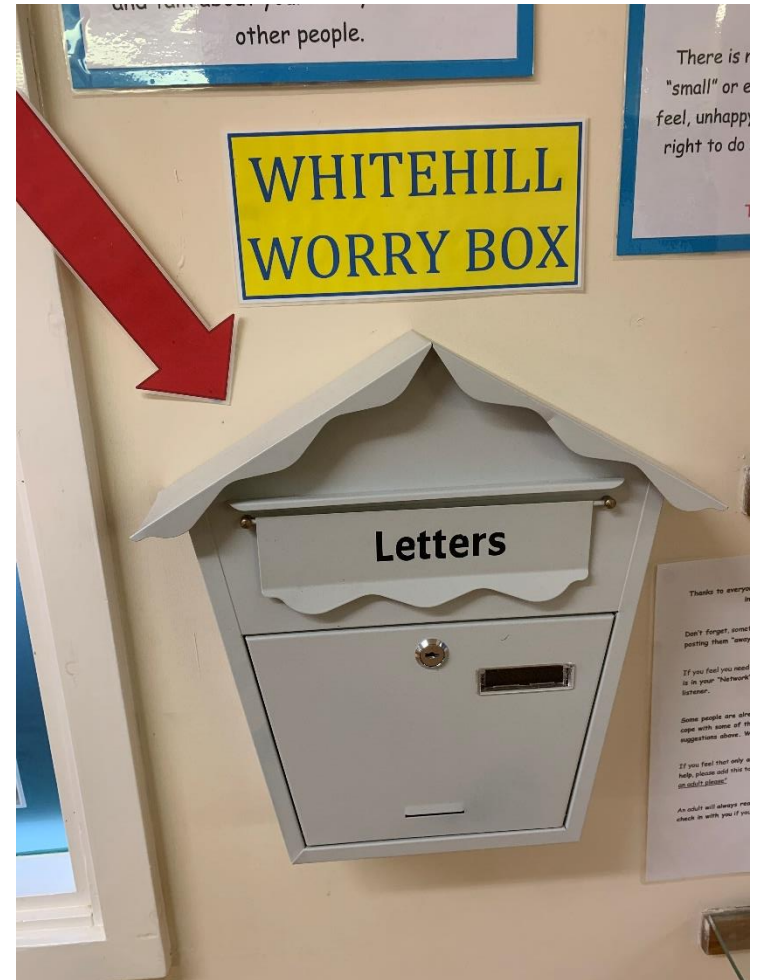
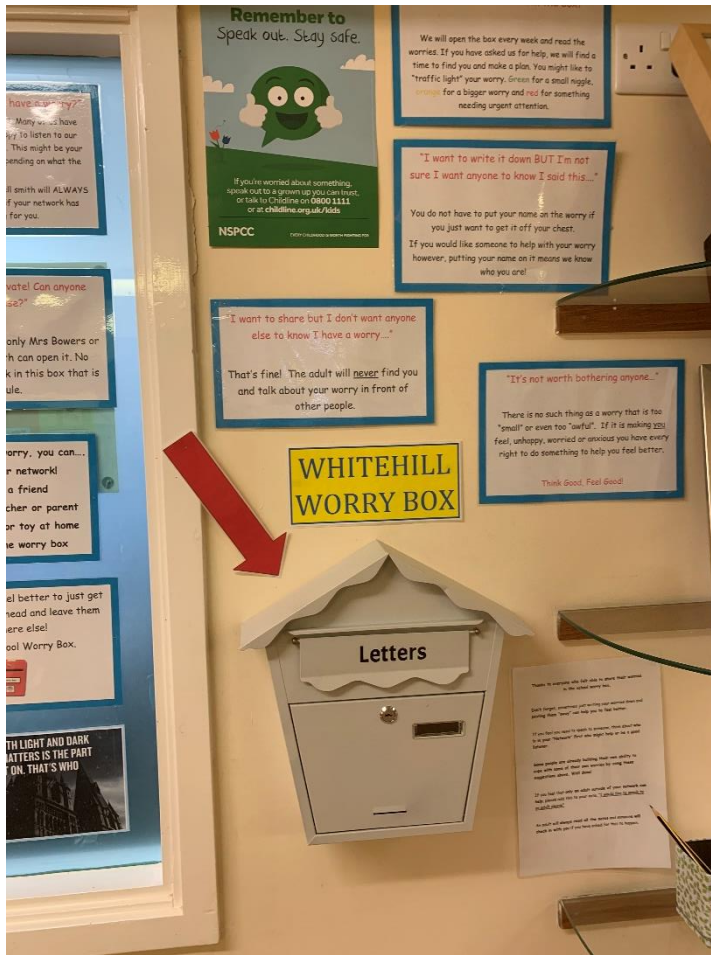
- Find a friend to play with you.
- Find a new thing you can do.
- Find some time just for yourself.
- Find a way that you can help.
 - Find a way to get to move.
- Now you have the Feel Good Groove 😊

Whitehill

- Whitehill are also working on the Feel Good 5
- Stay connected
- Stay active
- Keep learning
- Give
- Take notice
- Amy Louise is here today to tell you more about Whitehill.

Well-being Wall





Listen carefully!

- Here is a chance to listen to some of our Year 6 children who have written songs about wellbeing.

(Not put on the website)

Five Ways of Wellbeing is for Parents/Carers as well as children!



Feeling good five for children and young people

- 1.Spend time with family and friends – talk to them about how you feel and if you have big worries



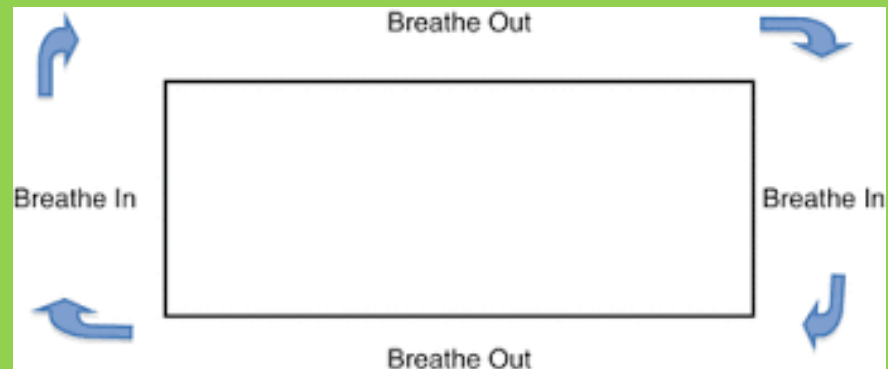
- 2. Exercise is good for two reasons. It not only makes you feel healthy, it makes you **FEEL GOOD!** But remember you need proper rest too. A good sleep is as important as exercise.



- 3. Try something new. Try a new hobby or make a new friend.



4. Take a break to see how you feel. Relax and look around you. Maybe listen to music. Take some deep breaths

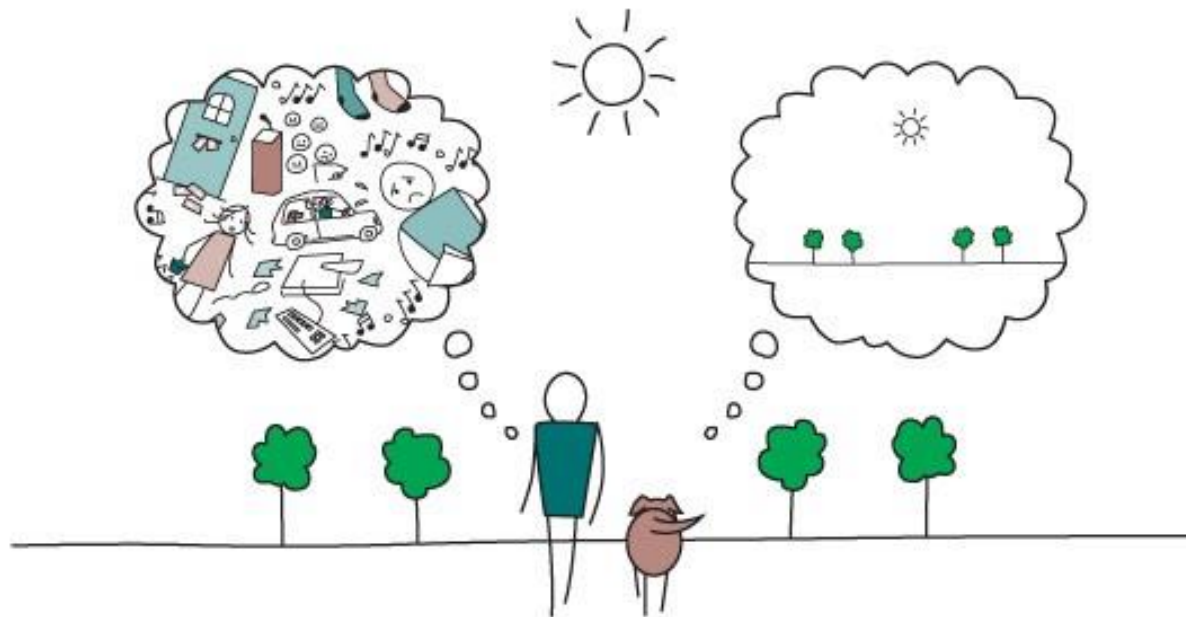


5 . Do something for a friend or relation. As well as making them feel good, it can make you feel good too!



Time for relax and unwind

Mindfulness is about thinking calmly about right now. Helps calm the mind and has been found to help reduce stress, Anxiety and Depression.



Mind Full, or Mindful?

Useful resources relating to mindfulness

Sitting Still like a Frog-Eline Snel (with a CD 😊)

Stillpoints for Children: Guided Relaxation, Meditation and Visualisation-Elaine Moreton

Mindfulness. A Practical Guide to Finding Peace in a Frantic World-Danny Penman and J. Mark G. Williams

Apps like Smiling Minds (free!) Calm or Headspace

Looking After Yourself



Don't let the
jug run dry.....



Looking after your own health and wellbeing

Tips

- Do something fun if you can, try to find time for you even if it is only 5 – 10 minutes per day
- Fresh air and exercise always help! Research finds that Physical exercise is one of the best ways of reducing stress
- Sleep and rest is very important

Looking after your own health and wellbeing

- Talk to people who you find supportive.
- Stay connected to friends, family -
- Try a new activity or something you have not done for a while – contact an old friend
- Notice everyday things, take time to take notice nature or the details of everyday tasks eg, walking , cleaning
- Help someone else – it makes you feel good too



TALKING SHOWS STRENGTH

#JUSTTALK

- <https://www.justtalkherts.org/just-talk-herts.aspx>
- Useful website with lots of resources for young people and parents.
- 0300 777 0707 (8am–7pm)
- 01438 843322 (5pm–8am)
- If it's an emergency, dial 999
- Alternatively, try:
 - NHS 111 (free from any phone)
 - Samaritans – 116 123
 - Childline – 0800 1111

Resources for Emotional Wellbeing

- **Minded for families** www.mindedforfamilies.org.uk –
- **Resource for adults in how to support mental wellbeing.**
- **Kooth** – www.kooth.com on line counselling for 10 – 25 year olds, resources, drop in and accredited counselling available from 12.00 until 10pm.
- **CAMHS Single Point of Access** - If you are a Hertfordshire resident and you are not already in contact with our services and you, a friend or relative are experiencing mental health problems for the first time and need emergency treatment.
Phone: 0300 777 0707 between 8am and 7pm or 01438 843322 between 5pm and 8am

- Just Talk Herts' for info and support
- **Kooth.com:** Online counselling service for young people. No personal details or real names are needed to access support
- **Young Minds** www.youngminds.org.uk – Funded Parent helpline available

- **Health for Teens** is a new School Nursing service website www.healthforteens.co.uk/hertfordshire also for younger children www.healthforkids.co.uk/hertfordshire
- **Chat Health** is a School Nursing service texting service for young people
 - 07480635050 – texts are delivered to a secure website. From here they are responded to by a school nurse on duty. The service runs from 9am to 5pm

- **Wellbeing Service – Support for parents in dealing with Stress, Anxiety and Depression - <http://talkwellbeing.co.uk> or , call 0300 777 0707 – free service under NHS**
- **Action for Happiness, 10 keys to happier living - [www.actionforhappiness](http://www.actionforhappiness.org) .org**

Ideas for further workshops and feedback

- Any ideas to improve the workshop or topics for future workshops?
- Thank you for listening.
- Have a lovely day 😊
- Before we move on, let me finish with another song from Year 6.

