



## Looking after our children's wellbeing at Paget...

### -Newsletter 8 -

Hi there,

It has been another great couple of weeks with the children. The children continue to enjoy '#wellbeingwednesday' activities such as yoga and meditation and '#feelgoodfriday' - dancing and sporty activities and of course, a celebration of our 'Learners of the week' and various certificate winners. Getting our children's mental health right will help the children with their learning.

It is really important that we all have a good understanding of what is mental health.

### -A focus on helping your child if they are worried -

Things to say to your worried 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. Shall we 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?

### 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>

## 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.

You can try some of these things to help your child if they are worried

## -Places to go to for support and advice online and local resources-



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-mindmatters/>



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-childrenfamilies-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>



**It's okay...**  
... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.

- Call our helpline, open 24/7: 0121 252 355
- Talk to us online via Live Chat (10am-9pm): [Birminghammind.org](http://Birminghammind.org)
- Email us anytime on: [help@Birminghammind.org](mailto:help@Birminghammind.org)

Get in touch today

- We're here to help you -

**NHS** LivingWell Mind Birmingham

The poster has a colorful background with shades of pink, green, and yellow. It includes contact information for Birmingham Mind and logos for NHS, LivingWell, and Mind Birmingham.

# Pause.

ForwardThinking  
Birmingham

Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed.  
Register for support via our website:  
[www.forwardthinkingbirmingham.org.uk/services/13-pause](http://www.forwardthinkingbirmingham.org.uk/services/13-pause)

Or call 0207 841 4470 and we will arrange for one of our friendly staff to call you back.

#### Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (if you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

#### How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

#### Our Opening Hours:

Monday to Friday: 10am-6pm, Saturdays: 10am-5pm.  
We are closed on Sundays and Bank Holidays.



The  
Children's  
Society

## Mental Health Resources

## Local to Birmingham

### -Final note-

#### Wellbeing referral

Should you feel that you or your child requires any additional support, your child's class teacher should be your first contact point. If this is not possible please feel free to contact the school Pastoral team, Miss Spiers or Miss Green, or our Paget Mental Health and Wellbeing lead, Mrs Ewbank for support. Paget are so lucky as we now have three Youth Mental First Aiders, myself, Miss Spiers and Miss Green. We are always here to listen. There will be things we can do to help further and support you.

Please share any of ideas you have of your children looking after their mental health on our twitter @pagetprimary and use the hashtag #pagetwellbeing

Stay safe in both body and mind and have a lovely Easter break

Mrs Ewbank

SEMH and Wellbeing Lead