



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

## -Newsletter 11 -

Hi there,

Hopefully the weather will pick up for our Whitsun holiday break. I thought I would take the opportunity to share some more ideas to help your child's wellbeing during the holidays.

### - Continuing the theme of connecting with nature during half term -

Being curious yourself can inspire your child or young person to question and take notice of their surroundings. If you go out for a walk together or even if you are just looking out your window, comment on the nature you see. Ask your child or young person questions and encourage them to ask you questions too! It is important to show you can engage with nature from your window or even just on a trip to the local shop.

Put technology on hold and get outside It can be difficult to switch off from our phones and other technology, but it's important for us all to have time away from our screens. Try to disconnect from your own devices at points during the day, especially when you are exploring your local area or nature spots, and encourage your child or young person to do the same.

Give your child or young person the space and encouragement to explore their ideas and interests. It's important for them to find out what they enjoy and how they like to connect with nature. If that means getting a little muddy or wet playing outside, then try to encourage that, even if it means an extra load of washing!

Connect with others Nature can be enjoyed with others. Encourage your child or young person to think about activities they could plan with others like going for a walk with a friend, playing football, having a picnic outside or joining a community gardening group.

Teach your child or young person to look after the nature around them, and think about ways they can protect it, both closer to home and on a wider scale. Even something as simple as growing herbs at home, will help your child or young person to connect their actions to positive effects, such as watering plants helps them grow. Activities focused on looking after the natural environment can help your child or young person build a connection with nature and give them a sense of purpose and responsibility.

Nurture nature Slow down and be mindful Sometimes we forget to slow down and appreciate the nature around us. We can miss the wonders that nature offers by simply not paying attention or giving ourselves the time to look. Mindfulness is the skill of paying attention to what's happening in your mind and body right now, without judgement. It can help focus our attention on the nature around us, and enjoy being in that moment. Mindfulness is a skill that needs to be practiced. Try and encourage your child or young person to practice being in the moment and use all of their senses to engage with the natural world around them.

**- A reminder of 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 262 355
- Talk to us online via Live Chat (10am-7pm): [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 -

**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.

## ***-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. We are always here to listen. There will be things we can do to 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

Mrs Ewbank

SEMH and Wellbeing Lead