



What is mental health?

Mental health is about how we think, how we feel and how we behave. Having good mental health means that you are able to make the most of your life, reach your potential and cope with the ups and downs of life.



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.

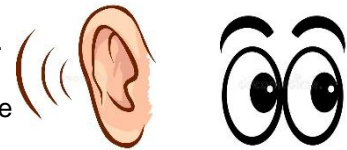
We would love to know if this newsletter is useful to you or if there are other support ideas you might need.

Please let us know by speaking to a member of SLT or by emailing the school at office@johnperry.bardaglea.org.uk



Tips for talking to your child about their Mental Health

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk - in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half-listened to. Keep eye contact, focus on your child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to your child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be:
"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."



Places to go for support and advice

Every Mind Matters

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/>



Places to go for support and advice

Talking Therapies

Barking and Dagenham talking therapies is a free NHS service which offers help to learn new ways to cope with everyday pressures, or unexpected events which leave you feeling a little or very low in mood or anxious. We offer talking therapies, short courses, relaxation classes, stress workshops and exercise to combat low moods.

If you are aged over 18 years, then why not give us a call on 0300 555 1018 and talk to one of our advisors. Our office is open between the hours of 9am to 5pm and we will book you in for a short telephone assessment and if we can't help we may be able to help you find a service that can.

Speaking to somebody about the problems you are dealing with can really help you to feel supported.

<https://www.lbbd.gov.uk/adult-social-care/emotional-support/talking-therapies>

NSPCC

The NSPCC are offering support and advice if you feel your child is struggling with their mental health, anxiety or depression. More information and advice can be found on

their website: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



Young Minds

Young Minds is the UK's leading charity fighting for children and young people's mental health.

Find out more about their work, what they do and what they are trying to achieve here:

<https://www.youngminds.org.uk/>

NHS Urgent mental health care helpline

NHS urgent mental health helplines are for people of all ages in England.

You can call for:

- 24-hour advice and support for you, your child, your parent or someone you care for
- help speaking to a mental health professional
- an assessment to find the right care for you



You may need urgent help for many reasons. The important thing to know is you will not be wasting anyone's time: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Why is sleep important?

Sleep is a basic need for everyone. It plays such an important role in helping our brains and bodies recover from everything we did that day.

Sleep is especially important for children and young people because it helps with mental, physical, social and emotional development. Sleep helps our brains to remember, memorise and analyse important information. These skills improve performance at school. Sleep can also affect our mood. If we don't sleep enough we can get grumpier and react to things more than we normally would. Over a long period of time, not sleeping enough can cause mental health problems like anxiety and low mood.

For tips on how to help your child sleep better, please visit:

<https://blog.byjus.com/early-learn/sleep-hygiene-children/>

