



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.



Wellbeing and Creativity

Creative activities can be fun for all the family, and sitting down together to create something can be a good bonding exercise, stimulating conversation and encouraging sharing. Here is a simple idea to try.

Take a clean jam jar, decorate it and fill it with things that will cheer you up and make you feel positive. They could be written affirmations, little toys, sparkly gems or smooth pebbles: anything that brings you joy and makes you feel calm. Keep it at hand as a reminder of the things that make you happy whenever you start feeling sad or moody.



Self-care plan for primary school children

Just as we look after our physical health, it's important to look after our mental health.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

This self-care plan walks primary-aged children through a series of steps, helping them create a simple self-care plan that works for them. It helps children identify activities that they can use to support their mental health.

Some of the suggested self-care activities include:

- music and dance
- mindfulness
- art



Anna Freud
National Centre for
Children and Families

The resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

You can download the self-care plan for your child here:

<https://d1uw1dikibnh8j.cloudfront.net/media/18656/my-self-care-plan-primary.pdf>

This is a good activity for your child to complete during the Christmas/Winter holiday.

Triple P Free Parenting Courses in Barking and Dagenham

Are you a parent or carer in Barking and Dagenham, looking for practical ways to guide your baby or child's learning, development and behaviour?

Want to feel more confident in your parenting skills, so you can be better prepared for the challenging moments?

This programme is free to parents and carers with at least one child under the age of 2, living in Barking and Dagenham.

Whether it's adjusting to life with a baby or raising happy and resilient children, Triple P Online programmes can help you learn how to handle the ups and downs more calmly and support your child's wellbeing.

- [Triple P Online for Baby](#) can help new and expecting parents and carers get off to a positive start.
- [Triple P Online](#) has practical tips for parents and carers with children under 12.

Both are easy to do online, at your own pace. As you work through your chosen programme, you can also get help from a trained worker.

You can also get in touch with their Targeted Early Help Service on 020 8227 5600 or email:

familynavigator@lbbd.gov.uk