

Supporting your child's mental health and well-being



It can be difficult to know the best way to support a child's mental health and well-being at the best of times but we are now faced with the additional challenge of being indoors for an extended period of time. Hopefully some of these tips and ideas will help you with supporting your child.

Childline (NSPCC) have a brilliant website which can help children understand their feelings. Their 'Calm Zone' can be used to find relaxation techniques when things get too much. Childline also have a team of counsellors 24/7 ready to talk via chat or telephone on:

 **0800 1111**

Support your child in recognising when they start to feel worried or anxious by keeping a 'Worry Diary'. This can help them to understand where the worry is coming from and help them to know when to start engaging in relaxation and calming techniques.

Exercise plays such a huge role in keeping good mental health. Below are some useful resources and links to get your child moving. Try joining in to make it even more enjoyable!

FREE for parents:

<https://imoves.com/imovement-signup>

Get dancing to Disney:

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

<https://www.nhs.uk/change4life/activities>

Practising relaxation techniques and mindfulness daily can be a great way to calm the mind. Check out this website for some guidance with this and great ideas! ☺

<http://www.handsonscotland.co.uk/relaxation/>

Label your child's emotion to help them understand their emotion and know it's ok to be having this feeling. Explain that anxiety can make you feel overwhelmed or even frightened and it can have physical effects, like feeling unwell. It can comfort children to know that anxiety comes in waves and can pass.

Everyone knows how important sleep is in keeping your mind fit and healthy, but it is often the first thing to become hard when you don't feel good. Audio stories can be a lovely and comforting way for children to fall asleep. Amazon Audible currently have a huge range of free children's stories. Follow the link below:

<https://stories.audible.com/start-listen>

Supporting your child's mental health and well-being



As a parent or carer, who can I talk to?

[YoungMinds Parents Helpline](#)

- Call us for free 0808 802 5544 (Mon-Fri 9:30 - 16:00).

[No Panic](#)

- Helpline: 0844 967 4848 (Daily 10:00–22:00). Charges apply.

This is a fantastic website which supports parents and carers with promoting mental and emotional well-being and creating a positive space at home. Take a look!

<https://minds.actionforchildren.org.uk/>

Want to put technology to good use? Use ICT to support your child's social and emotional learning using these ideas!

[http://www.pathseducation.co.uk/pdfs/public/ICT_Blog -
Using ICT to support SEL at home.pdf](http://www.pathseducation.co.uk/pdfs/public/ICT_Blog_-_Using_ICT_to_support_SEL_at_home.pdf)

As a child, who can I talk to?

Childline

[0800 1111](tel:08001111)

childline.org.uk

Support for children and young people in the UK, including a free 24-hour helpline, chat room or emails.

Kooth.com

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

[0808 808 1111](tel:08088081111)

mencap.org.uk

Information and advice for people with a learning disability, families and carers.

Hope Again

[0808 808 1677](tel:08088081677)

hopeagain.org.uk

Support for young people when someone dies.

You can also email your class teacher using your LGFL email address.