

In the past week I have...

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 

Welcome to
St Albert's Parent
wellbeing and
Mental health
forum

Have a look at our
wellbeing bingo
whilst we wait

You're
doing
great!

Living in a pandemic has been difficult for everybody. It has gone on longer than any of us could have expected. We have all been forced in to home learning - many of us may not have the knowhow, the space, or the patience.

We each have our own troubles:

- family tragedies
 - Anxiety about keeping everyone safe
 - Managing work
 - Money troubles
 - Difficulties with family
 - Daily life troubles
 - Child's mental health
- Child's Behaviour due to being confined

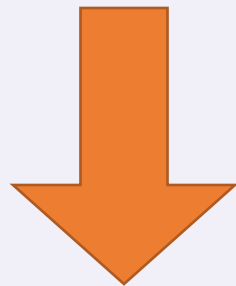
Agenda

- What is Wellbeing & mental health?
- Top tips
- How we might help
- Wellbeing award
- Mindfulness session

Understanding Wellbeing & Mental Health

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year. It can be impacted by what is happening around us. This meeting will (hopefully) give you some ideas around how to support wellbeing in your family.

A Few Helpful Tips



Tip #1: Keep active



Exercise is good for both your mental and physical health, so try to keep moving outside and at home. You can even get the kids involved by doing an online workout. Or you could go for a walk in the park – just remember to carefully follow the latest guidance. Exercise is good for both your mental and physical health, so try to keep moving.

Tip #2: Make a plan



Making a meal plan for the week can make things a little easier, especially if you don't have your usual food in the cupboards. It can also help the family eat more healthily. Too much junk food might feel comforting in the short term, but won't make you feel better in the long run. Planning your activities can help take the pressure off as well. Why not get the kids to help you plan the week ahead?

Tip #3: Stay in touch



Just because you can't visit as many friends and relatives as much as you might like to doesn't mean you can't keep in touch. Everyone is in the same boat and regularly speaking to loved ones will remind you that you're not alone. Video calls are the next best thing to meeting up, so why not try that? Here's a [guide to setting up a video call](#) if you're not sure how.

Tip #4: Keep a routine



Your daily life might be different for a while but it's still good to have a routine. Getting a good night's sleep is important so going to bed and getting up around the same time each day can help your emotional wellbeing. Keeping meals to their normal time can also add some structure to your day and help you all avoid too much snacking. Making time to tidy up each day and to do other household chores will help while stopping housework getting on top of you.



TURN OFF THE NEWS

Tip #5: Turn off the news

It is important to keep up to date with what's going on, but too much news could negatively affect your mental wellbeing. Stick to trusted sources like the gov.uk, BBC or [NHS Inform](#) websites and maybe set a time during the day to check. Constant social media updates can feel overwhelming too, so maybe switch off in the evening and do things that relax you instead.

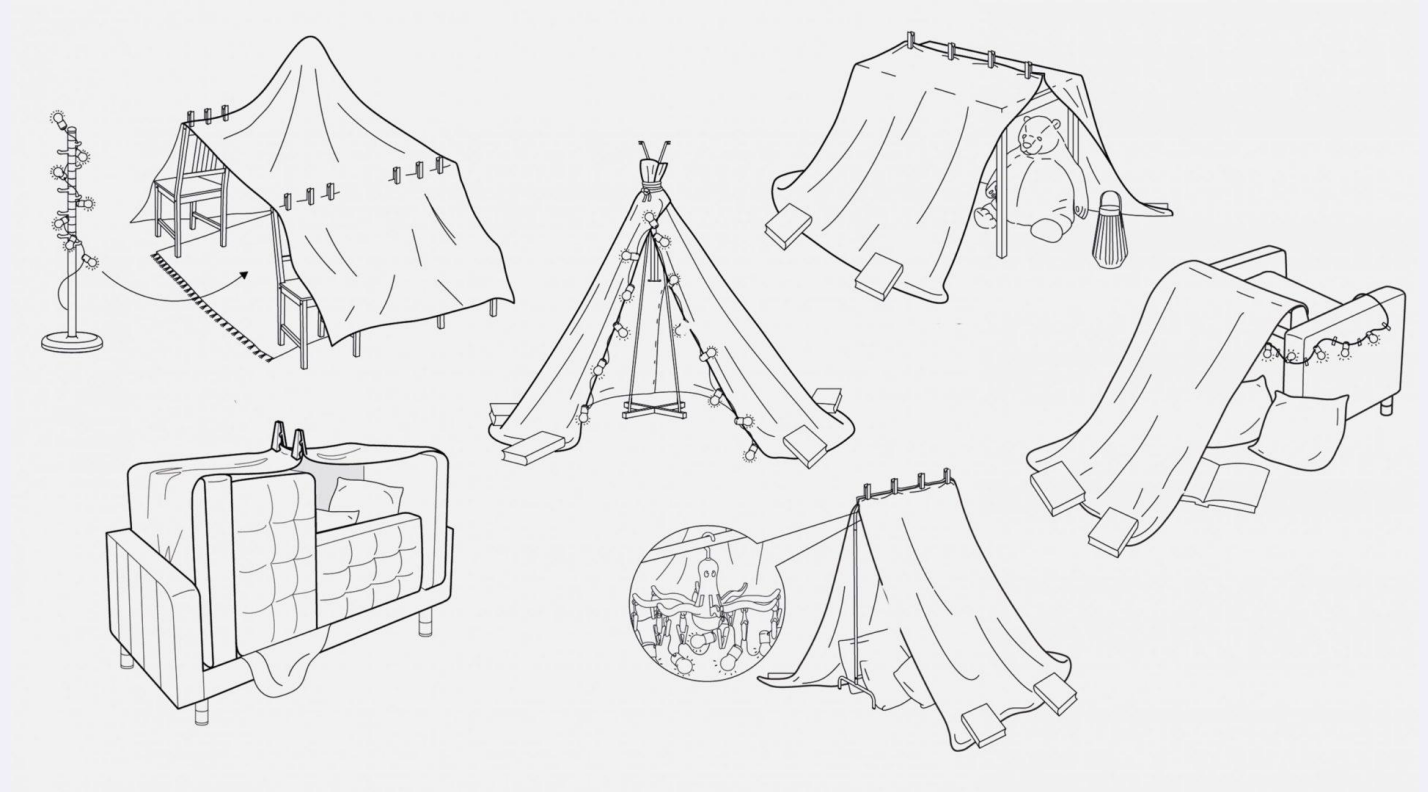
Tip #6: Cut yourself some slack



Keeping the kids healthy is pressure enough, let alone having to entertain them all day while trying to support with schoolwork. Remember that you are only human and this is a difficult time for everyone. Take each day at a time and don't put too much pressure on yourself.

Tip #7: Do the things you enjoy

Times might be difficult and it is normal to feel stressed or anxious but try and make the time to have as much fun as you can. This will all be over, and you can make memories you can cherish together for the years to come.



[An IKEA Guide for Children on How to Build Pillow Forts \(settingmind.com\)](http://settingmind.com)



Well-Being – St Albert's Catholic
Primary School
(stalbertsprimary.co.uk)

Follow this link to our school website, where you will find lots of useful websites and phone numbers relating to mental health and wellbeing.



North West Boroughs Healthcare NHS FT: School Nurses - Knowsley - North Huyton Team 2

As School Health are currently unable to offer face to face Drop Ins, they will be providing a monthly Virtual School Drop In so parents/guardians can contact them if they have any health concerns about their child.

The Drop In will take place on the First Monday of each month 10-11am.

Parents can access the Drop In via this link:

<https://nhs.uk/schoolnursesknowsleynorthhuyton>

School Health generally help with:

- Sleep issues
- Incontinence
- Issues around eating
- Weight concerns
- Anxiety/depression



[Relax Kids - the leading franchise for kids classes](#)

Relax kids are experts in child relaxation.

If you feel like things sometimes get out of hand the resources that can be found on this website can really help you slow your child down.

The techniques are also useful in building self confidence, resilience and positivity.

[Calm in the Chaos Pack \(relaxkids.com\)](#)

These Calm in the Chaos packs have downloadable audio guided meditations that are perfect for doing before bed time or at any time of the day you feel you, or your child need a moment of calm.

Healthy eating

Online cooking course

Open with ▾


North West
Boroughs Healthcare
NHS Foundation Trust

Want to learn how to prepare quick, affordable family meals?

Would you like to learn more about eating a healthy diet?

Want more confidence for you and your family in the kitchen?

If you want to cook family meals together with your child and have a child aged between 7-11 years old this course may be for you!

The Healthy Knowsley Service will be delivering interactive online cookery sessions where you and your family can prepare and cook a healthy meal together.

For more information or to book a place on the course please contact us on **0800 0731 202** or email us on **nwbh.healthyknowsley@nhs.net**

One Basket... Five Meals - Asda Good Living



Bereavement

In this time we recognise bereavement may be affecting more people than usual. We have always had ways to support pupils and family through these times, but are of the belief that each case must be judged as it happens. In such circumstances we would tailor work in school which suits the child. Most grieving pupils do not need a 'bereavement expert' and simply want someone to listen to them. This would be how we begin to treat this trauma, the work done would vary depending on the age and personality of each child.

If you feel like you need more help you can contact Listening ear online and fill in a self referral form.

Further to this may refer to Rainbows or do dedicated Rainbows work in school with the child.



Behaviour

If you are struggling with the behaviour of a child at home our first piece of advice would be to **talk to their teacher or learning mentor**. We may be able to help simply by talking to your child. Do not forget this time will have been challenging for them too.

If further support is needed this would be bespoke for each child. It may be that we have to contact them daily or perhaps a sticker chart.

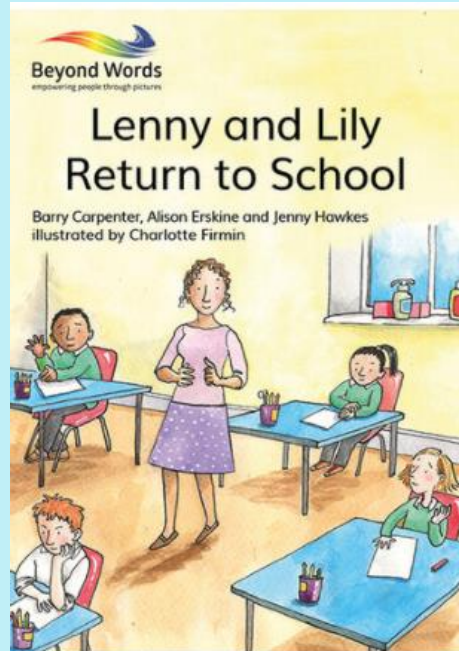
To help us in making sure we support your child as best we can it would be helpful for you to look out and note down any triggers for negative behaviour.

If it is deemed necessary we may involve the behaviour support team.



Books

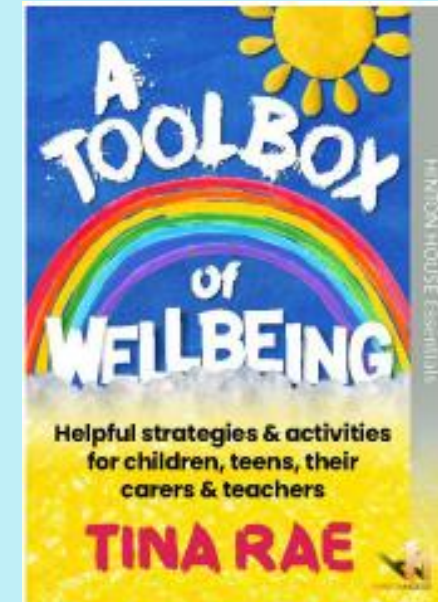
Lenny and Lily



A book of Wordless stories to help children with the return to school.

[Lenny and Lily: children's stories for recovery — Beyond Words \(booksbeyondwords.co.uk\)](http://booksbeyondwords.co.uk)

A Toolbox for Wellbeing



A must have book full of easy to use activities to build emotional wellbeing in all children and young people.

[A Toolbox of Wellbeing \(hintonpublishers.com\)](http://hintonpublishers.com)

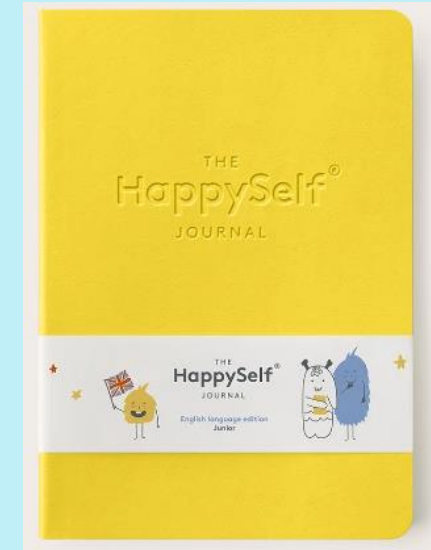
Journals

Happy Confident Me

The HappySelf Journal



The Happy Confident Me Journals are designed specifically to help kids aged 7-12 achieve greater levels of happiness and build their self-confidence.



The HappySelf Journal is a daily journal for children aged 6 to 12, based on scientifically proven methods that promote happiness, develop healthy habits for life and nurture enquiring minds.

School's Wellbeing Award

As you may be aware, we are currently aiming to achieve an award that recognises the hard work we do in this area.

During the Lockdown we have aimed to support families at home by:

- Checking in with phone calls weekly
- Delivering food parcels
- Supplying a full remote learning time table
- Holding a CYP wellbeing and mental health week
- Trying to always be available.

However, we are always listening for good ideas to help us move forward

Thank you for coming

We really hope this time has been useful and give you some helpful tips.

Before you leave please join in a mindfulness session.

If you have any other questions please send us them in the Chat now and we will do our best to help.

