

Supporting your child's mental health and wellbeing

What is mental health?

- Being healthy means that our body and our mind are in good condition and that we feel well.
- It is important that we help children to make healthy choices so that their bodies work as well as possible. Doing all we can to help keep children's bodies healthy can help them to feel happy too.
- Mental health is all about how we are feeling and the thoughts we are having. It can affect how we behave and the choices we make.
- Just like with their bodies, it is important that we do things to help children's minds to be healthy, stay in good condition and feel well. Having a healthy mind can help children feel good on the inside and can help them to do well in lots of different situations.
- Sometimes, just like our body, our mind doesn't feel well. We might feel very worried, frightened or extremely sad. We might have thoughts which feel uncomfortable and which make us behave in a way that hurts ourselves or others.
- Positive mental health is not about being happy all of the time. It is about feeling well, being able to enjoy life and knowing what to do if we have troubling thoughts and feelings.

How can I help my child to develop positive mental health?

We can help children by encouraging them to:

- talk about how they are feeling;
- be physically active each day;
- eat healthily;
- drink enough water;
- ask for help if something is troubling them;
- feel safe;
- have time each day when they can be calm and quiet;
- spend time each day doing something they love;
- spend time outside;
- be creative;
- spend time with people who make them smile;
- get enough sleep;
- limit their time watching TV and on social media, the Internet or other electronic devices;
- only view, use or play age-appropriate material;
- help others;
- use meditation or calming apps;
- remember they are special just the way they are!



Please ask a member of our school wellbeing team if you require any further information.

Mr Bhatti

Mrs Edwards

Mrs Haughey

Mrs Saran

Mrs Choudhury