

Coffee Morning for Parents- Mental Health & Wellbeing





What is Mental Health?

Mental health is all about how we are feeling, the thoughts we are having and how this affects the choices we make and how we behave. It is also how able we are to cope with what is happening in our daily lives.

Looking after our mental health is just as important as our physical health.

Why is it important?

It is their right!

24



HEALTH,
WATER, FOOD,
ENVIRONMENT



Happy children are more engaged in their learning.

We can help with early identification and talking about mental health—lessen the stigma around it with children and parents.

youngmindsuk

Number of children in mental health crisis at record high in England

NHS data reveals more than 3,500 urgent referrals of under-18s in May, three times higher than same month in 2019

youngmindsuk

The number of young people undergoing treatment or waiting to start care in CAMHS reached 466,250 in May. **The highest number on record.**

These young people could fill Wembley Stadium, five times over.



It's at the heart of our curriculum—one of our curriculum drivers. Every child is different and we value every child as an individual.

Marner Primary School
Approach to Teaching and Learning

At the heart of everything we do at Marner:

Our Rights Respecting School journey

The whole child: Mental Health and Wellbeing

Inclusion: our inclusive approach

Building vocabularies

WALKTHRU

Why is it important?



Ready



Respectful

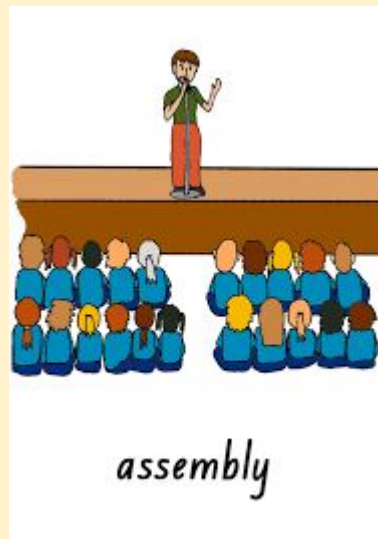
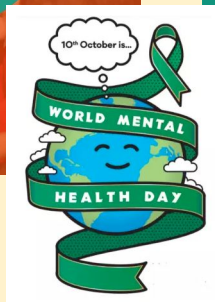
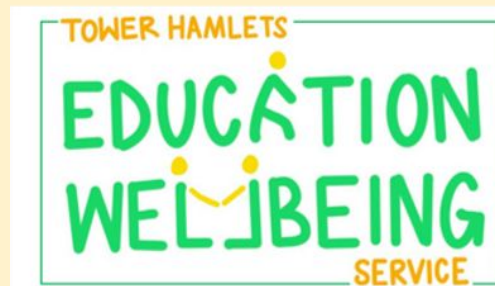


Safe



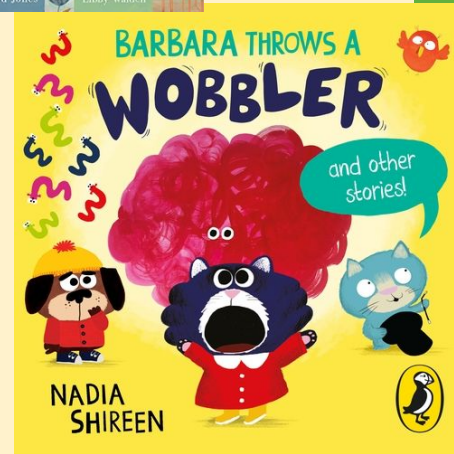
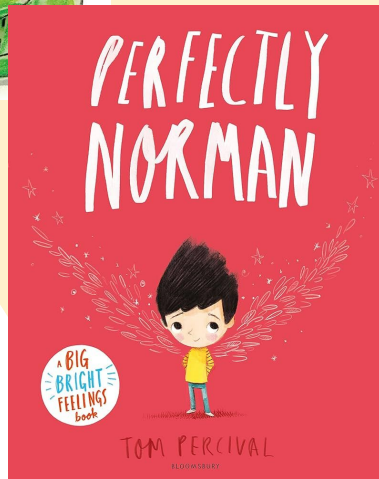
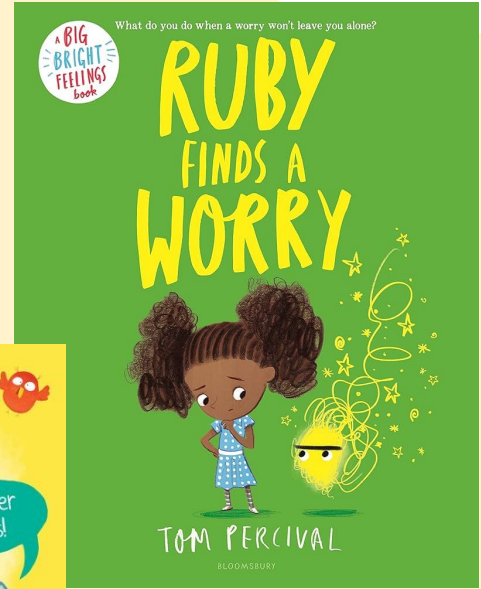
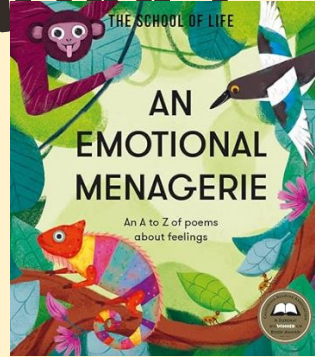
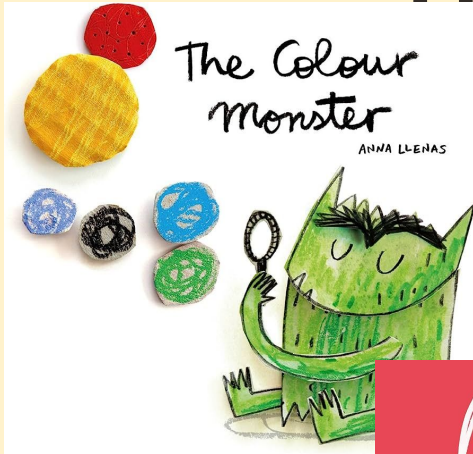
What do we do at

Morning



...and lots, lots more!

What do we do at Morrow?



<https://www.booksfortopics.com/booklists/topics/pshe-emotional-literacy-citizenship/mental-health/>

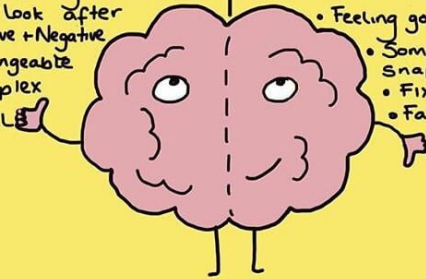
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsically linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



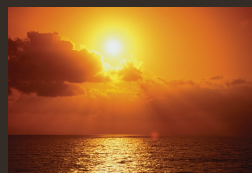
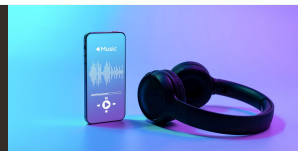
Make conversations about emotions a normal part of life. Every emotion is valid, it's about having the strategies to cope with negative emotions.



Encourage children to create their own 'Mental Health Toolkit' with strategies and activities they can use to improve their mental health and wellbeing.



MY TOOLBOX





There are 5 ways to improving our wellbeing and mental health.





- talk to your friends and family
- help a friend or neighbour
- eat a meal with your family
- make a new friend
- say hello to someone in school
- bake some cakes and share them
- join a club



TALK & LISTEN,
BE THERE,
FEEL CONNECTED





DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



- dance to your favourite song
- walk a dog
- hula hoop
- join a sports team
- play a game in the playground
- walk or cycle to school
- help in the garden
- run a race with friends
- make up your own sport





TAKE
NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

- look what you can see out of your window and how it changes
- paint or draw a picture of what you've seen today
- think about how you are feeling today
- listen to the sounds of nature like the wind and rain
- play I spy
- notice how your friends or family are feeling today





**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**

- learn a new word each day
- learn a new language
- visit a museum or art gallery
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song





- smile and say thank you
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting
- listen to someone else and how they are feeling ●

Give

Your time,
your words,
your presence

FOR MORE TV WILLIAMS
Follow Us, Like Us, Ring Us, Visit Us
www.williams.org.uk

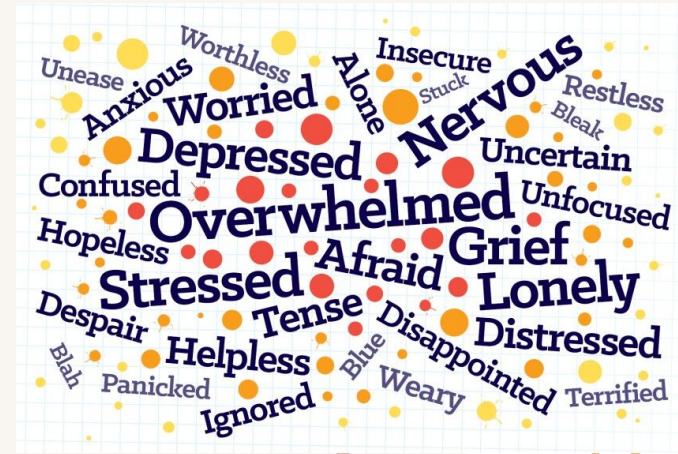
WILLIAMS TV
WILLIAMS TV
WILLIAMS TV





We feel lots of different emotions every day- and that's ok.

If uncomfortable feelings affect our thoughts and behaviour in a way that hurts us or others, it is important we take action and make choices to feel better, talk to someone we trust and ask for



● <https://www.youtube.com/watch?v=nCrjevX3-Js>

What to do if your child tells you they're struggling

If your child tells you they're struggling, it's important to make sure they feel seen and heard. When responding, it helps to:



1. Validate their feelings. You could say 'it's really understandable that you're feeling...' to let them know that their feelings are okay.



3. Let them know that you love them, you're there for them, they can talk to you whenever they need to, and you can help them get support if they need it.



5. Spend time together thinking about what's making them feel this way. It could be something at home or school, a relationship with a friend or family member or something else.



7. Remind your child that this is temporary. Reassure them that things can change and they can feel better.



2. Thank them for sharing what's going on and be encouraging about the way they've opened up.



4. Ask them if there's anything you could do that they would find particularly helpful.



6. Let your child know about helplines, textlines and online chat services that are available - which you can find at the end of this guide. Young people can find it difficult to talk and worry about upsetting their parents, so reassure them that it's okay to open up to other people.



8. Avoid conversations at the height of distress. It's important to be there for them, but it can be more helpful to talk about the causes when things are feeling calmer.

How can you support at home?



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

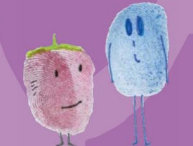
WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

- 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 the child and ignore distractions.
- 3 Check your body language:** Try to keep it open and relaxed and make sure you come down to the 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." 

 Anna Freud
National Centre for
Children and Families

You're never too young to talk mental health



Tips for talking for parents and carers

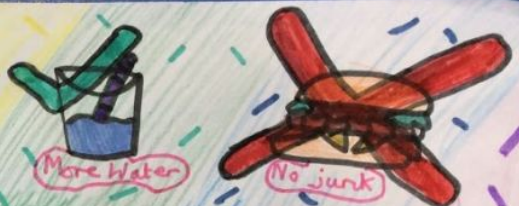
<https://d1uw1dikibnh8j.cloudfront.net/media/11396/tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf>

She asked the boy what was on his mind
and, as he told her, the strangest
thing happened . . .



his Worry began to shrink!

MENTAL HEALTH



Mental health is important, we should look after our mental health.



THEWS wellbeing workshop

— The Tower Hamlets Education
Wellbeing Service (THEWS) —



Who are we?

Tower Hamlets Education Wellbeing Service (THEWS) is part of a national initiative to improve emotional and mental wellbeing for children and young people.

We offer:

- 1:1 support for parents and carers
- Workshops (for parents, carers, children and staff)
- Group sessions

What can we help with?



Anxiety

Worries
Fears
Stomach aches, headaches, racing heart, shakiness
General anxiety, social anxiety, phobias, separation anxiety, obsessive compulsive disorder

Sleep Problems

Difficulty falling asleep or staying asleep
Night-time fears and worries
Bed-wetting and night terrors



6-8 weekly 1:1 sessions with parents/carers in person or online via video call

Behaviour

Tantrums/meltdowns
Difficulty following rules
Emotion regulation difficulties
Routines
Getting on with siblings



Friendship Problems

Bullying
Loneliness
Difficulty making friends



What can we cover in workshops?

Anxiety

Behaviour

Emotion Regulation

Mental Health and Wellbeing

Sleep

Parent Wellbeing

Transition to secondary school

Mental Health in Diverse Communities

Which would you find helpful?

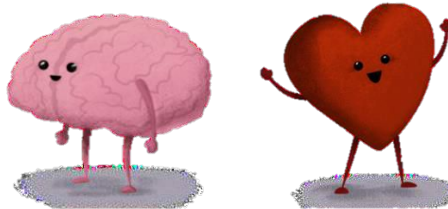


Aims of today's session

- To introduce the topic of mental health
- To introduce some strategies for managing your wellbeing as parents/carers
- To introduce strategies for supporting your child's wellbeing.

What is Mental Health?

- Mental health is about our feelings, our thinking, our emotions and our moods.
- Looking after our mental health is just as important as looking after our physical health.
- Everyone has mental health!



9
- in -
10

9 in 10 people with mental health problems say that stigma and discrimination have a negative effect on their lives


70%

70% of young people with mental health issues do not receive the appropriate support



1 in 10 children and young people are affected by a mental health problem



Mental disorders affect 1 in 4 people


25%

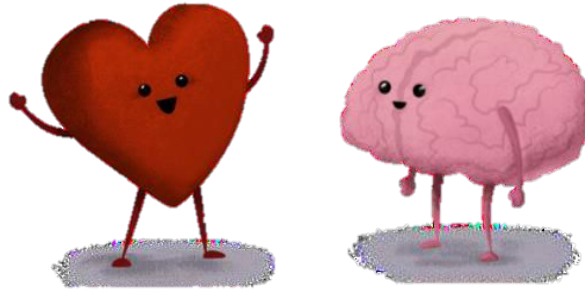

75%

75% of suicides in 2015 were men and 25% women

How can we support children's mental health?



Making sense of your child's behaviour



Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

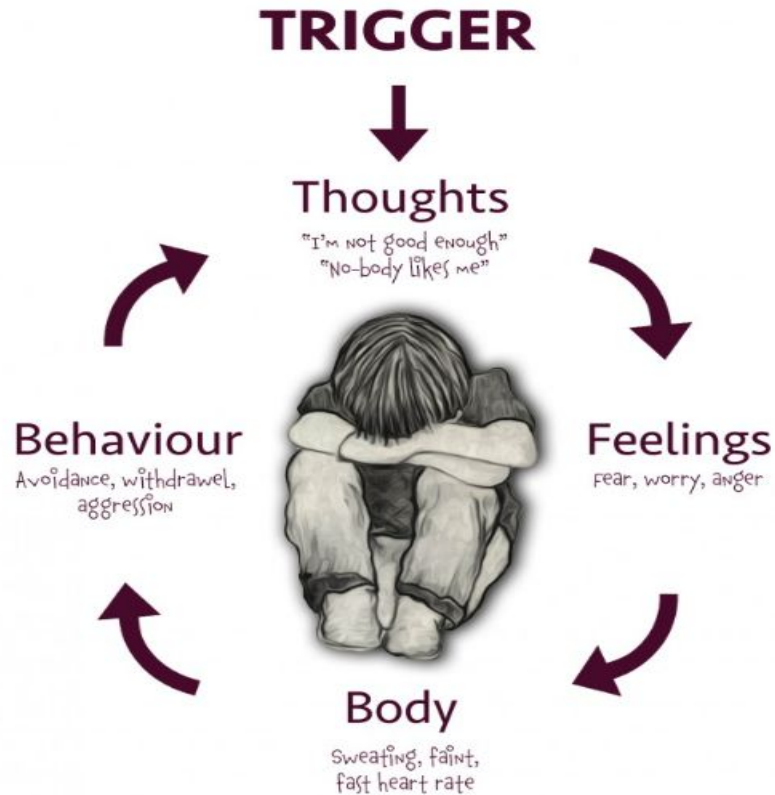
This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

Angry

embarrassed scared grief
 shame tricked overwhelmed
 frustrated depressed disgusted
 distrustful grumpy stressed
 attacked rejected helpless
 guilt trapped nervous anxious
 trauma annoyed exhausted envious
 disrespected unsure offended
 disappointed lonely hurt
 uncomfortable worried insecure
 regret

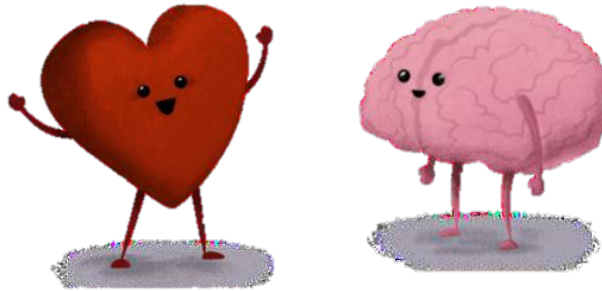
- Be mindful that anger isn't always just anger
- Is there an underlying emotion? For example: anxious about presentation in next lesson, so lashing out at friends? Sad because friend didn't want to play, so

Making sense of your child's behaviour



How can we support children's mental health?

Supporting everyday feelings



Five ways to Wellbeing

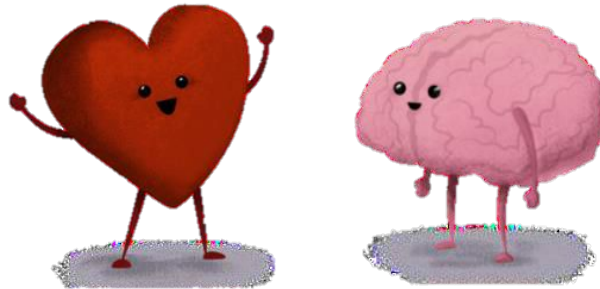
Research has shown there are five simple actions we can take to support our wellbeing and thrive; this is known as the 5 Ways to wellbeing



What ideas/activities can you implement for you for each?

How can we support children's mental health?

Having conversations



Tips for positive conversations



Make conversations about emotions a normal part of life. *Anywhere is a good place to talk, car, walking to school, cooking*



Ask open questions such as “how did your day go today?”



Give your full attention – be open & curious. *Avoid ‘down playing’, shaming, or dismissing (don’t be silly, there’s nothing to worry about)*



Offer empathy rather than solutions. Validate your child’s emotions; “I can see you are feeling really angry/sad/frustrated”

Tips for positive conversations



Let them know that you are always available to talk.



Calmly staying with feelings that arise. Very difficult!



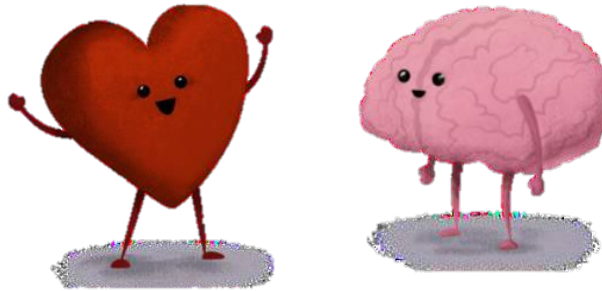
Remember that we are all different – everyone has a right to their own feelings!



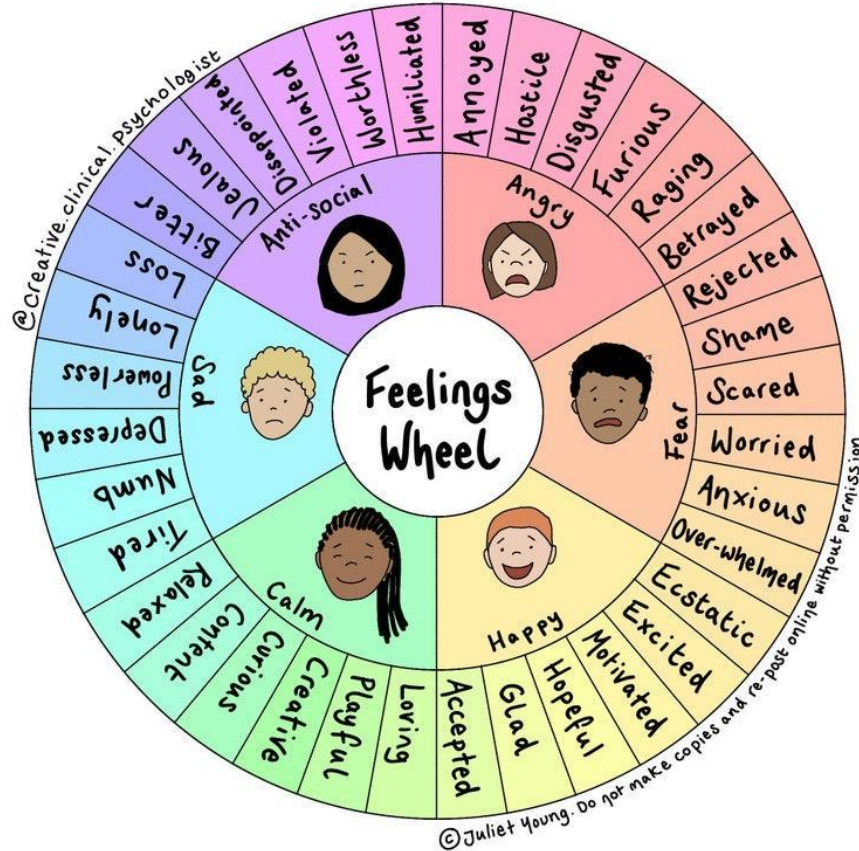
Reflective parenting.

How can we support children's mental health?

Emotion Regulation



Emotion regulation – help them to name their emotion



@creative.clinical.psychologist

Emotion regulation – validation



EVERY emotion is VALID!

Key message: feeling any emotion (anger, sadness, disappointment, frustration.....) is okay, but sometimes the resulting behaviour is not

We can help children to learn more helpful and appropriate ways to respond to their emotions

Emotion regulation – strategies to regulate



Hot chocolate breathing

Emotion regulation - strategies to regulate



Palm push


Emotion regulation - strategies to regulate

5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5 THINGS
YOU CAN
SEE



4 THINGS
YOU CAN
TOUCH



3
THINGS
YOU CAN
HEAR



2
THINGS
YOU CAN
SMELL



1
THING
YOU CAN
TASTE

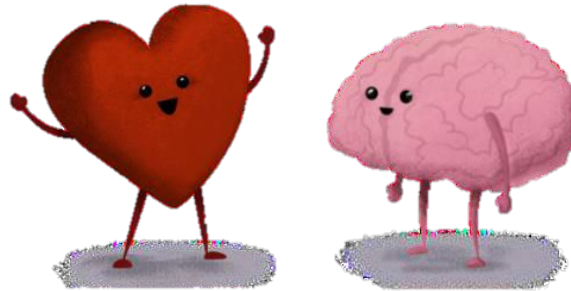
Emotion regulation - strategies to regulate



Bear hug

How can we support children's mental health?

Making sure that we look
after ourselves



What our life can look like...

A visual representation of me trying to juggle all of my responsibilities



Your mental health matters!

Parenting can be really challenging, stressful and can impact our mental health.

In turn, it can be harder to support our children when we are stressed, overwhelmed and struggling with our mental health.

Has anyone noticed that it is more difficult to be calm and patient with our children when we are feeling stressed and overwhelmed?

A key part of supporting our children's wellbeing and mental health is to ensure we are looking after our own mental health too!



Breathing technique

Mindful Breathing anywhere!

- Sit up straight and comfortably
- Breathe in silently through your nose to the **count of 4**
- Hold your breath to the **count of 7**
- Exhale through your mouth to the **count of 8**, making an audible “whoosh” sound
- Repeat this cycle 4 times

THE
4-7-8
TECHNIQUE

Strategies for supporting yourself

You need breaks to function! 20 minutes can reset the brain and help focus

- Wellbeing days/hours
- Coffee / tea
- Workout for minimum 5mins a day
- Go for a walk
- Prayer
- Journaling or starting a gratitude journal
- Guided meditation
- Favourite drink/food
- Learn how to press your own off button
- Accessing your own support – IAPT/Stepforward/Docklands outreach
- Any ideas?

How to get further support for yourself?

- You can speak to your **GP** for support with your mental health
- You can self-refer to the **Tower Hamlets Talking Therapies:**
<https://www.eft.nhs.uk/tower-hamlets-talking-therapies> or call: **0208 175 1770**
- Self-help resources: <https://www.good-thinking.uk/>
- For urgent mental health support you can contact the Tower Hamlets 24 hour Mental Health Crisis Line: **0800 073 0003 or call NHS 111.**

How to get further support for your child?

- You can speak to school to refer to the Tower Hamlets Education Wellbeing Service. For more information you can visit our website: <https://www.elft.nhs.uk/thews>
- You can speak to your GP for support with physical or mental health concerns.
- You can call the Child and Adolescent Mental Health Services on **020 7426 2375** (Monday –Friday 9am-5pm)
- You can call the Parents Advice Helpline on **0808 802 5544** (Monday – Friday 9:30 – 4pm). They offer friendly advice for parents and carers worried about a child or young person under 25

Feedback Form



Please select the workshop: **Supporting Wellbeing**

THEWS Parent / Carer Workshop



Only takes
two minutes
to complete!

Bengali translation
available – in top
right corner



Thank you for listening!