





Mental Health and Wellbeing Parent Workshop

Aims



TO ESTABLISH A DEFINITION OF MENTAL
HEALTH AND WELLBEING.



TO SHARE HOW THE SCHOOL IS
IMPLEMENTING A WHOLE-SCHOOL APPROACH
TO MENTAL HEALTH AND WELLBEING.



TO EXPLORE HOW WE CAN SUPPORT MENTAL
HEALTH AND WELLBEING AT HOME.

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Mental Health and Wellbeing: What is it?⁺

Does my child need mental health support?

+It is normal to feel angry, sad, worries or stressed sometimes. However your child might need extra support if they struggle to cope with those feelings.

Sudden changes in behaviour

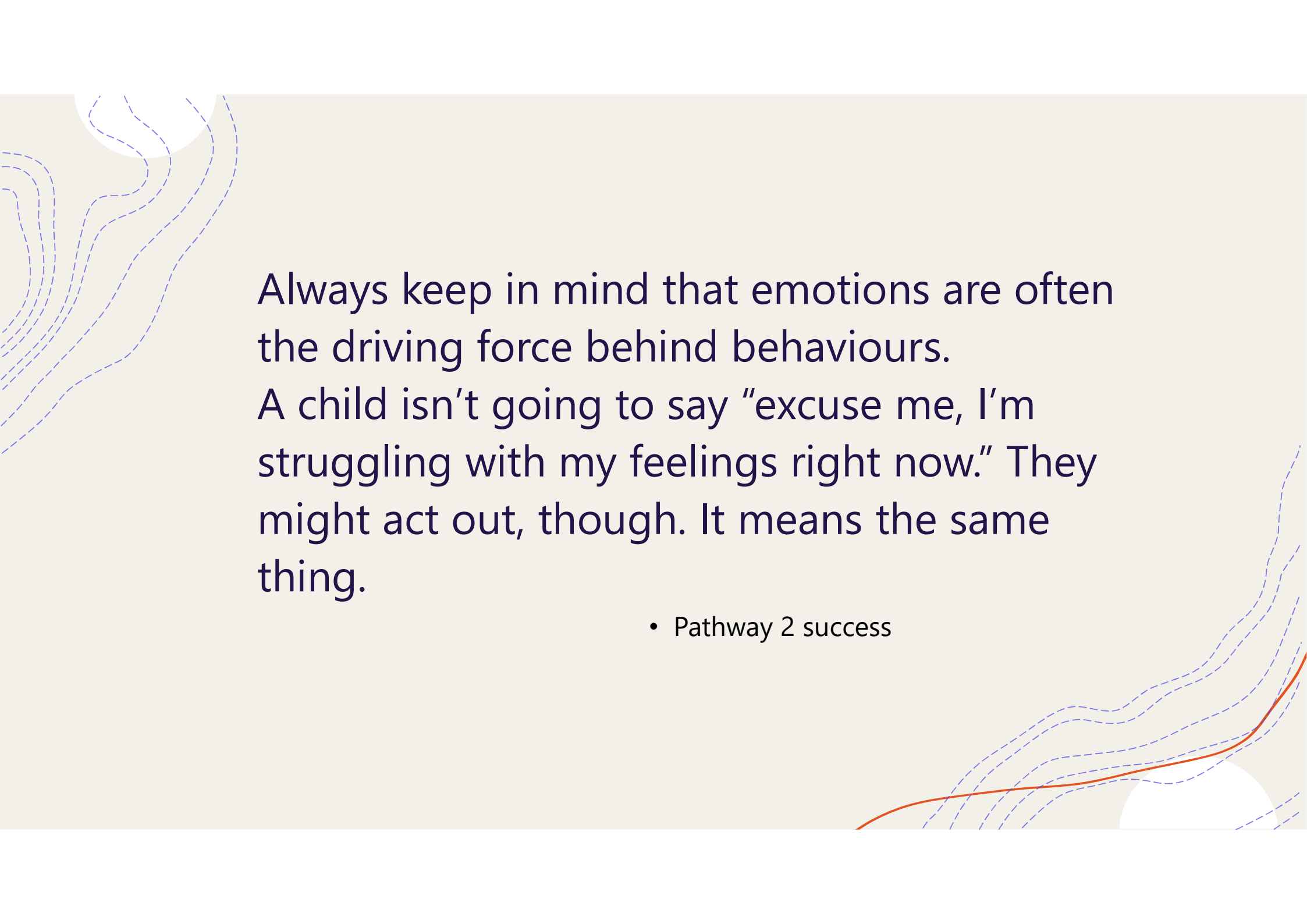
Negative thoughts and low self-esteem

Arguing and fighting

Sleep problems

Avoiding school or staying with you all the time

Aches and pains



Always keep in mind that emotions are often the driving force behind behaviours. A child isn't going to say "excuse me, I'm struggling with my feelings right now." They might act out, though. It means the same thing.

- Pathway 2 success

Whole school approach to wellbeing

Good mental health and wellbeing helps children to learn effectively, cope with day-to-day challenges, and develop into resilient young adults.

Zones of regulation

Check ins

Grounding

Your role...

1

My feeling and thoughts are valid, try not to compare them to other's and their experiences.

2

Be patient, some children don't like to talk, a simple hug can be all they need.

3

Build in regular 1:1 time for you and your child to talk daily.

4

You don't need to fix everything; a listening ear is all it takes

5

Be a role model and show how you cope with difficult feelings and look after yourself

Tips for playing

01

Allow your child to choose the activity

02

Use descriptive comments without asking questions

03

Follow the child's lead and do not impose their own expectations

04

Show amazement, empathy and interest

05

Avoid criticizing and competing with your child, play should be fun and free flowing

Take time to talk

If children can match their emotions to words and express them clearly to adults and children alike they will be more likely to resolve their problems through discussion.

Some helpful conversation starts...



Tell me about your day



What was the best thing about today?



What is the biggest stress/worry in your life right now?



What can I do to help you?



Who would you talk to if you were feeling worries about your mental health?

Take care of yourself

Parenting can be difficult; it is important to take care of your own wellbeing when possible and be kind to yourself when things haven't gone so smoothly. Ways you can do this are;

- + Letting friends and family know you are struggling and need some support.
- + Seek support from your GP if the stress gets too much.
- + Implement some self care, even just 5 minutes before bed for yoga, short meditation, journaling or just a cup of tea!

TAKE CARE



OF YOURSELF



At St. Aubyn's School

INTERGRATED APPROACH & SPECIALIST EXPERTISE



Our approach

Building on almost 30 years' experience of working with schools and local communities.

Place2Be is a children's mental health charity providing school-based support and in-depth training programmes to improve the emotional wellbeing of pupils, families, teachers and school staff.

Mental Health Practitioner: Rebecca

Place2Talk

- + Child-led, self-referral service for Years 2 – 6
- + 15 minutes with me to discuss any worries they have in solution focussed sessions

Targeted Interventions

- + One to one counselling: 50 minute, 10 – 20 sessions
- + Group work: Journey of Hope – 8 sessions which supports children in understanding their emotions, and starting to learn how to manage them
- + Targeted group work: Dependent on the needs of the school e.g. Year 6 exam anxiety

Place2Think

Consultation intervention for school staff to support them in their work and relationships in the classroom

Family Practitioner: Nikki

Parenting Smart

Website full of practical advice and tried and tested tips for parents and carers of primary-age children

Parenting Smart – Online Course

4 week course to give parents and carers extra tools to deal with everyday parenting challenges and strengthen their relationship with their child(ren)

Family Practitioners

Each Place2Be primary school has access to a dedicated Family Practitioner offering specialist support and training

Personalised Individual Parenting Training (PIPT)

- + Family Practitioners can offer Personalised Individual Parenting Training (PIPT) for parents and carers looking for specialist support in building on their parenting skills, and managing behaviour of concern
- + Following a thorough assessment, they can offer 6-10 sessions, along with your child, during which you can learn new skills with the support of a trained therapist and then go home and practice