



Encourage their interests:

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Build positive routines:

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The Sleep Charity has relaxation sleep tips for children.

Signs a Child Might Be Struggling:

A large number of children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support.

It might be difficult to know if there is something upsetting your child, but there are ways to spot when something's wrong. Look out for:

- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawing from social situations

Looking After Your Own Mental Health:

Parenting or caring for a child or young person can be tough at times. It's important to look after your own mental wellbeing, as this will help you support yourself while you are supporting others.

Try to recognise and acknowledge when you're feeling overwhelmed. Struggling with something or experiencing your own mental health problems is perfectly normal.

It's completely usual to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of.

If you can, tell someone you trust how you're feeling. Maybe there's family, friends or a colleague who could support you or allow you a break?

Horton St Michael's CE First School and Nursery



Promoting Positive Mindset and Mental Health in Young People

Remember, if you have any concerns please talk to your child's teacher or someone in school.



At Horton St Michael's, we are committed to supporting the health and wellbeing of our pupils and staff to ensure that the school is a community where everyone feels able to thrive. Positive mental wellbeing is essential if children and young people are to flourish and lead fulfilling lives.

At our school, we know that everyone experiences life challenges that can make us vulnerable and at times anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy.

Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age.

Find out what we can offer in school, how you can help a child to have good mental health, including knowing how to talk to a child about their mental health, and when to spot signs they might be struggling.

Plus get self-care tips for you, to help you look after your mental health while caring for others, and find out how to get more support if you, your child or your family need it.

What We Can Offer in School

We aim to support all our staff and children in the following ways:

- **Universal Support** - To meet the needs of all our pupils through our overall ethos, school values and our wider curriculum. For instance: Relax kids whole class sessions, Happy minds happy me days, Courageous Advocacy projects and 50 Things to do before you are 9 which includes lots of fun and engaging activities including many which are outdoor based.
- **Additional support** - For those who may have short term needs and those who may have been made vulnerable by life experiences such as separation or bereavement. This might be in small groups or 1:1, often with Claire from Relax Kids.
- **Targeted support** - For pupils who need more differentiated support and resources or specific targeted interventions such as referral to wider professionals. We have access through to the Trust to a trained counsellor who we can refer to when appropriate.

Ways to Support a Child or Young Person:

Be there to listen:



Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).

Show interest in what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Take what they say seriously:

Listening to and valuing what they say makes them feel valued.

Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Support them through difficulties:

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from the Maudsley Charity on difficult behaviour.