



Normanton All Saints CE (A) Infant School

Wellbeing Newsletter

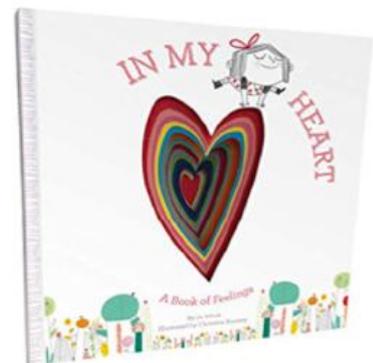
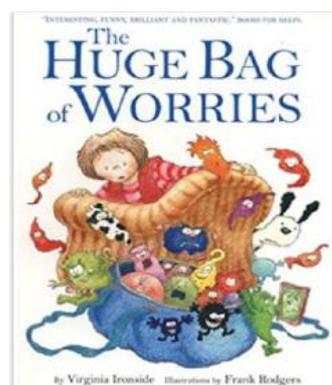
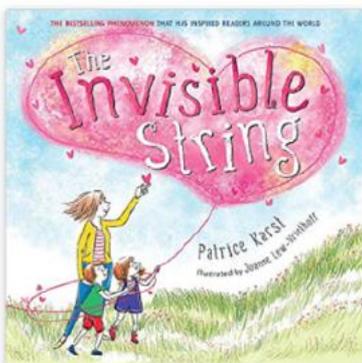
June 2021

Welcome to our first mental health and wellbeing newsletter. At Normanton All Saints CE(A) Infant School we value the importance of and are committed to supporting children, staff and parents in their mental health and wellbeing. We know that wellbeing, physical and mental health are vital to successful learning. Our aim is to provide help, tips and resources to support both our pupils and their families. We hope you find this newsletter helpful.

Top tips for talking to your child about mental health.

- ✓ Make conversations about mental health a normal part of life. Anywhere is a good place to talk, in the car, walking the dog, cooking together. Model everyday talk about feelings such as talking about television or book character's feelings.
- ✓ Give them your full attention, keep eye contact and focus on your child and ignore distractions.
- ✓ Check your body language. Try to keep it open and relaxed and make sure you are at your child's level e.g. crouch down to talk to them or sit with them.
- ✓ Take it seriously. Don't downplay what your child is saying or tell them they're 'just being silly.'
- ✓ Ask open question such as 'how did your day go today?' This will help to extend the conversation.
- ✓ Calmly stay with the feelings or emotions that arise. As parents/carers it can be our natural reaction to try and steer away from difficult emotions.
- ✓ Offer empathy rather than solutions. Show that you accept what you're being told but don't try to solve the problem.
- ✓ Remember we are all different. Respect and value the child's feelings, even though they may be different from your own.

Some ideas of children's books to help explore feelings and emotions.



Yoga

Yoga is an excellent way to relax, unwind and calm your mind, as well as being a fun exercise that your family can do together. Here in school we love to use Cosmic Kids Yoga. As part of Mental Health Awareness month Cosmic Kids Yoga have created a special mental health and mindfulness yoga session.

[Kids Yoga For Mental Health](#)  [Yoga Club \(Week 40\) | Cosmic Kids Yoga - YouTube](#)

Mindfulness

What is Mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

How does mindfulness help you?

Being mindful helps us to:

- ✓ Pay attention better
- ✓ Be less distractible
- ✓ Learn more
- ✓ Stay calm under stress
- ✓ Avoid getting too upset about things
- ✓ Slow down
- ✓ Listen better to others
- ✓ Be more patient
- ✓ Feel happier and enjoy things more

If this sounds like a superpower, it is! Being mindful helps people in just about every part of life. Learning how to be mindful when you're young gives you a chance to get really good at it and use it always.

Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 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

Places to go for Support and Advice



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mind-matters>



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus pandemic. More information can be found on their website

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents>