



Shoreside
Primary
School



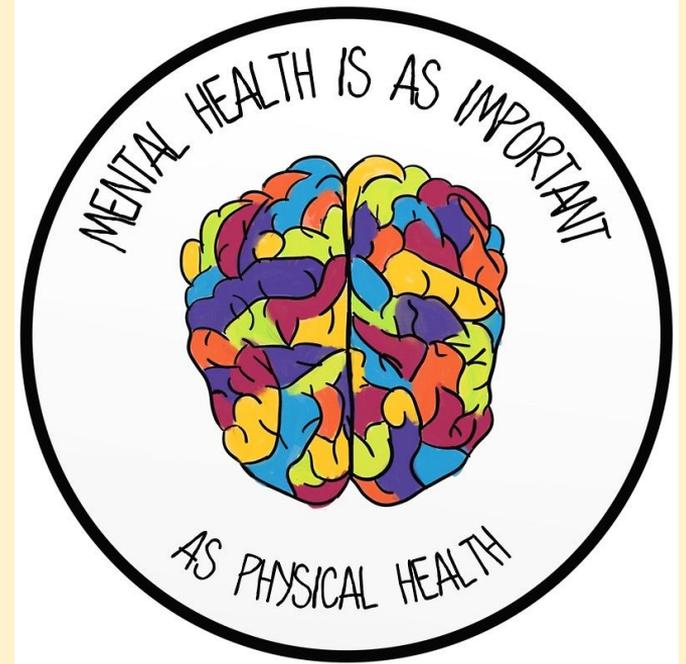
Child's Wellbeing Parent Information Session

June 2025



What is mental health?

- We all have mental health, just like we all have physical health. It's about how we think, feel and act.
- When we have good mental health we feel motivated and are able to take on challenges and new experiences. We can thrive, be creative and try new things!
- But when our mental health is not so good, we can find it much harder to cope.



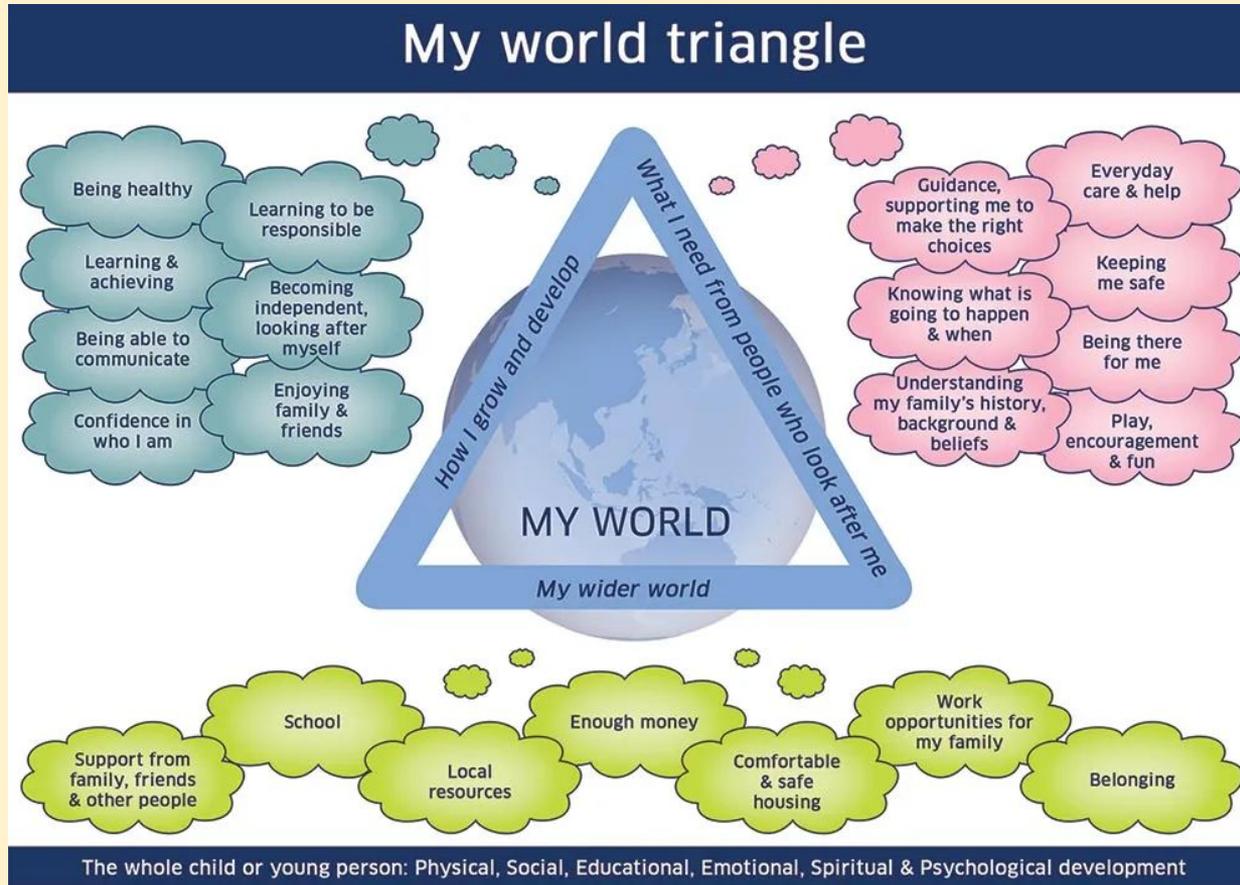
Signs that your child's mental health is suffering

- Significant changes in behaviour
- Difficulties with sleep
- Withdrawal from social situations
- Not wanting to do things they usually like
- Self harming or neglecting themselves

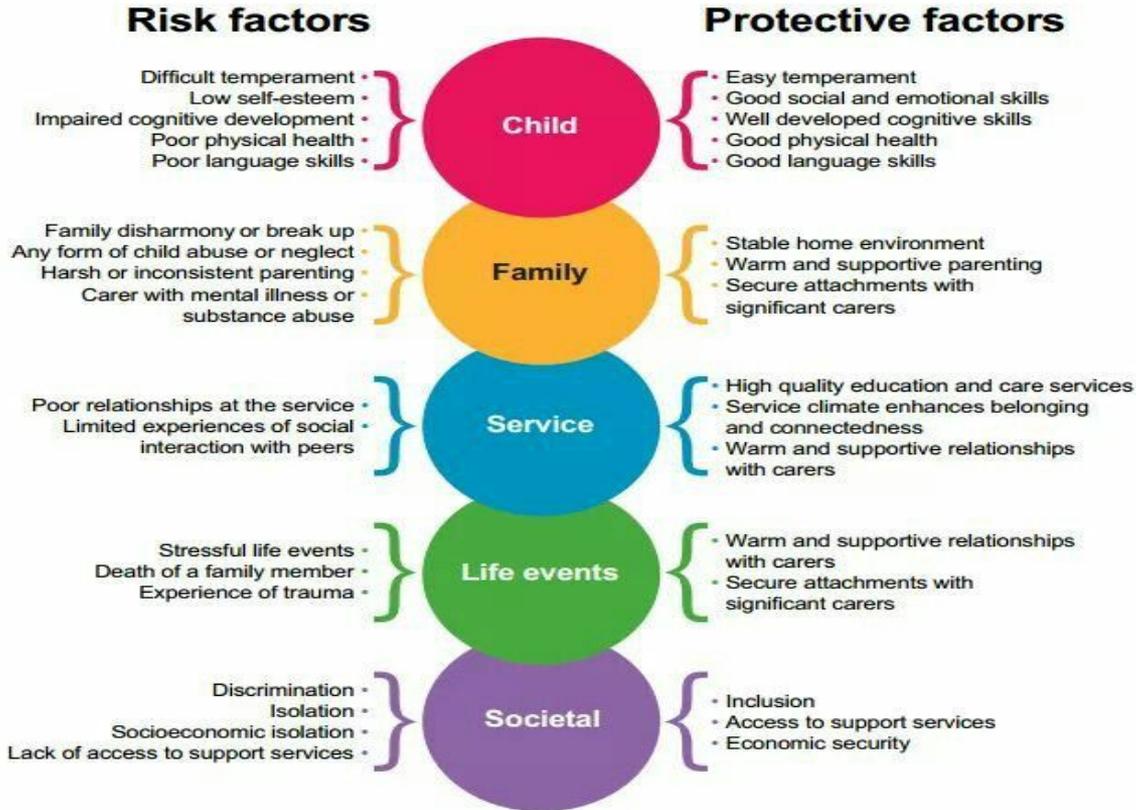


My Child's Needs

It's helpful to know what our children need to function well in life



Protective and Risk factors



All factors can influence how a child acts and feels, although sometimes the risk factors our children experience maybe outside our control.

However, looking at ways that we can build in protective factors in their lives can help them cope and manage.

Adverse Childhood Experiences (ACE's)

ADVERSE CHILDHOOD EXPERIENCES - ACES

What are Adverse Childhood Experiences (ACEs)?
ACEs are potentially traumatic events that occur in a child's life:



Physical Abuse



Emotional Abuse



Sexual Abuse



Domestic Violence



Parental Substance Abuse



Mental Illness



Suicide or Death



Crime or Imprisoned Family

Causing lifelong medical, mental & social suffering

This video explains more about ACE's:

<https://www.youtube.com/watch?v=XHgLYI9KZ-A>

67% of the population have at least 1 ACE

Getting support as early as possible may help our children cope and recover from ACE's

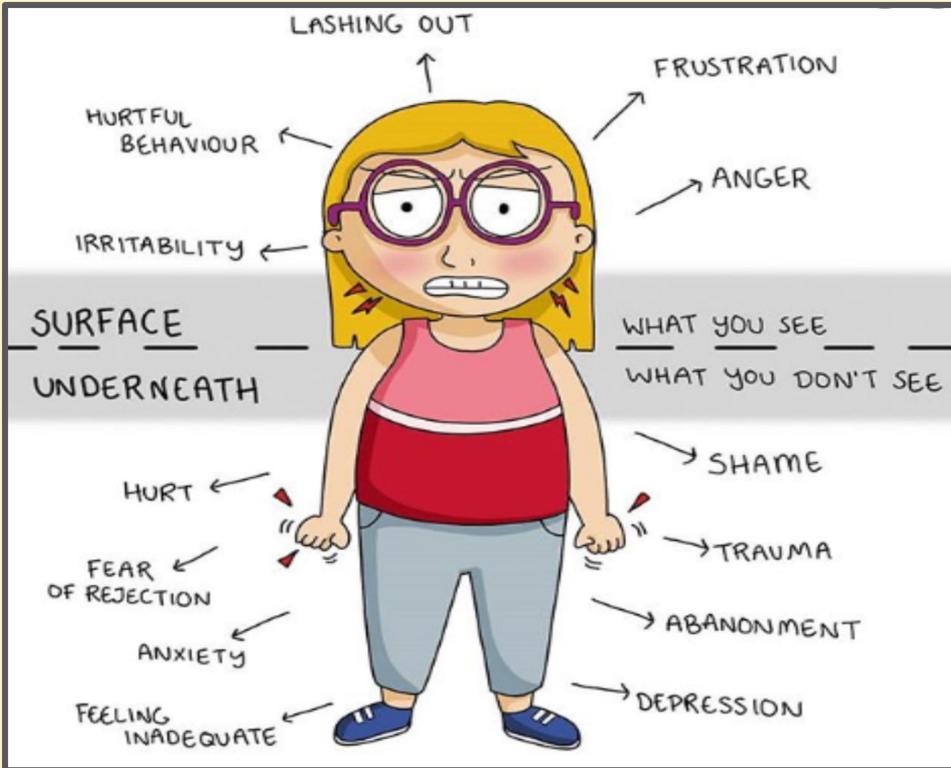
When does mental health become a problem?

- Parents know their children best!
- Most children will have periods of time in their life when they are anxious, angry or scared.
- However, if changes in behaviour last a long time, or are significantly affecting them, it might be time to get help.



All Behaviour is Communication

Sometimes it's not easy to know what our children are struggling with as many feelings are hidden under behaviour

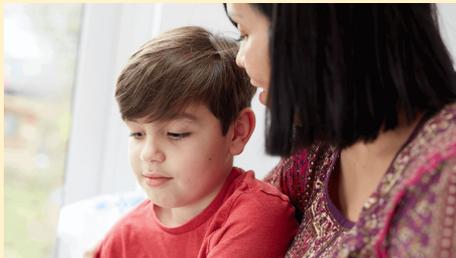


Firstly, acknowledge their emotions and reassure the child you are there to listen when they are ready!

Secondly, when they have had time to regulate you may ask questions like: "Tell me about how you're feeling?" or let them know you are there to help.

By focussing on their inner feelings, we are more likely to understand the reason behind their actions. This means we are then able to find ways to support them.

How can you support your child?



Listen to them

Take them seriously
Validate their feelings. It's
ok to sit with these feelings and
accept them.
We can't magic
them away.

Model calm

Even if you don't feel calm!
Show your child that even
though things are difficult,
they can be manageable.



How can you support your child?



Introduce alternative perspectives

Worries are thoughts, not facts.

What is the worry?

What is the worst that could happen?

If it does happen, is that so bad?

Try to put things into perspective.

Build positive routines
Healthy eating, exercise, fresh
air and sleep are all things
that
are proven to contribute to
good
mental health.

The importance of sleep

- Sleep improves children's mood, learning, growth, heart health and brain development
- Most children need 10-11 hours of sleep
- 4 stages which repeat every 90 minutes
- Darkness in your child's bedroom will help the body naturally produce melatonin - the sleep hormone
- Try to go to bed and get up at the same time
- Follow a calming bedtime routine
- Limit food and drinks containing caffeine & sugar
- Turn off technology at least an hour before bed
- Exercise early in the day



Feelings

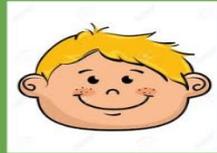
By talking to your children about their feelings each day, it can help them to recognise how they may feel, by putting their feelings into words supports them to learn ways to manage feelings and 'self regulation'.

The **ZONES** of Regulation



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



GREEN ZONE

Happy
Calm
Focused
Ready to Learn



YELLOW ZONE

Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some Control



RED ZONE

Mad/Angry
Terrified
Shouting
Hurting
Out of Control

Children can move up and down the scale day to day!



- ← Here, children can be seen as happy, confident, physically healthy and doing well in school. They have good relationships and can cope when things are difficult.
- ← Here, children may seem sad, withdrawn, or not want to socialise with others or do the things they used to do. They may complain of stomach ache, headaches or not want to go to school.
- ← Here, children may seem angry, anxious, withdrawn, find it hard to focus in school or manage relationships. They may have problems sleeping and may have unhelpful, negative thoughts.
- ← Here, children may be aggressive, very anxious or have panic attacks. They may seem depressed and may self harm or have suicidal thought. They may have sleep difficulties and their everyday functioning will be severely affected.

The Five Ways to Wellbeing

Thinking about ways in which we can boost our children's wellbeing can make a huge difference and help them build resilience.

Feeling strong inside and building resilience can help our children stay in the green zone more often



Helping our children manage their feelings 'Self-Regulate'

If the child is in the blue, yellow or red zone:

Calmly ask them:

- Do they need to go somewhere to calm down
- Is there anything they'd like you to do to help?
- Tell them, you're here when they're ready to talk about it
- Allow the child to calm down
- Afterwards, boost their wellbeing by playing a game, offering a hug or distracting them in some way
- Praise them for managing their feelings well
- When they're ready, ask them if they'd like to talk about it
- Explore ways together, of moving from the red, yellow or blue zones into the green zones
- Remind them, that it is perfectly normal to be in all the zones from time to time and learning to manage our feelings or self-regulate is a skill we can get better at with practice

Watch this video for other ways to improve self-regulation

https://www.youtube.com/watch?v=H_O1brYwdSY



Self-care

Remember: If we look after our own mental health and well-being we are in a much better position to look after our children's mental health and well-being.

Looking after a child who has mental health problems can be draining for their parent/ carer too.

- Acknowledge if you're feeling tired, low or overwhelmed. It does not make you a bad parent if you are struggling too!
- Is there a friend, parent or colleague who you can talk to, to share your thoughts?



Further support

- CAMHs (school/parents can refer a child to CAMHs)
- <https://maudsleycharity.org/familiesunderpressure/> (short video clips with tips based on CBT)
- <https://www.youngminds.org.uk>
- <https://www.barnardos.org.uk/barnardos-covid-19-support-hub>
- <https://www.mencap.org.uk/advice-and-support/children-and-young-people/support-parents-and-carers-children-and-young-people> (support for families of children with additional needs)
- <https://www.childline.org.uk/toolbox/> (activities and resources to support)

Support at Shoreside Primary School:

Mr Power
(Headteacher)

Mr Foley (Assistant
Headteacher)

Miss Wells (SENDCo)

Mrs Critchley (Child
Wellbeing and Family
Support Officer)



Urgent support

- Samaritans (need someone to talk to) tel:116 123 or text SHOUT to 85258 or visit <https://www.samaritans.org>
- Papyrus (having suicidal thoughts) helpline tel:08000 684 141 or text 07786 209697 or visit <https://papyrus-uk.org>
- Calm (Campaign against living miserably) tel:0800585858 or visit <https://www.thecalmzone.net>
 - Call 999