



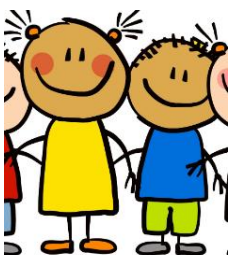
# St Paul's C of E Junior School

## Mental Health & Wellbeing Guide - May 2020

It can be a real challenge knowing how best to support the emotional wellbeing of children at this difficult time. As this week is Mental Health Awareness Week, we thought it would be useful to pull together a range of useful resources into one helpful guide.

Here you will find advice on how to support your child and members of your family, as well as tips for looking after yourself too!

### For children



<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

**For help in talking directly with children these might be of some help:**

**CBBC:** [Video and Questions](#) **ChildMind:** [Talking to Children](#)

The Language of Covid19 can have negative psychological implications. Follow this twitter link for some ideas for moving from high threat to supportive language alternatives

<https://twitter.com/impactwales?s=11>

### For Families



**NHS Berkshire West** have put together some reliable and free sources of information and advice to help you and your family to cope under lockdown.

<https://www.berkshirewestccg.nhs.uk/media/3923/coping-family-life-during-lockdown-guide.pdf>

[www.berkshirewestsafeguardingchildrenpartnership.org.uk/scp/helping-you/coronavirus](http://www.berkshirewestsafeguardingchildrenpartnership.org.uk/scp/helping-you/coronavirus)

**The School Nursing Team** offers support during school closures, where you can seek advice and support on non Covid19 related issues such as bedwetting, toilet training, behaviour, and sleeping. Contact 0118 949 5055/[csnworkingham@berkshire.nhs.uk](mailto:csnworkingham@berkshire.nhs.uk)

**Reading Well and Mental Health** Check out the NHS Every Mind Matters website. It has some useful tips for mental wellbeing while staying at home. There's a host of advice, support and tools to use. Just visit: <http://ow.ly/4dBb30qsCNI>

**Canine Assisted Learning** have produced some guides on helping adults and children cope with the recent changes to lockdown, and sleep guides for children and adults.

**The National Association of School Psychologists:** Parent Resources has a great deal for parents who may not know how to talk about the pandemic.

**The British Psychological Society** has produced a guide about talking to children about Coronavirus.

## World Health Organisation Guides

The World Health Organisation have produced a series of [guides](#) which are full of tips and strategies for ways to talk to children about the pandemic:

- Covid 19 - Parenting
- Covid 19 - Keeping it Positive
- Covid 19 Parenting – Structure
- Covid 19 Parenting – Bad Behaviour
- Covid 19 Parenting – Managing Stress
- Covid 19 Parenting – Talking about the Virus

## For more specific mental health concerns:



[Anna Freud: Self-Care and Coping Strategies](#)

[BBC: How to protect your mental health](#)

The [Youngminds website](#) is very useful for ways of approaching difficult topics, such as how to deal with the implications of the Covid-19 outbreak.

[NHS Berkshire West](#) have put together some reliable and free sources of information and advice to help you and your family to cope under lockdown.

## National Mental Health Week Resources

It is National Mental Health week hosted by the Mental Health Foundation. Below are four coping guides targeted at different audiences which you may find helpful.

**Family life** [#Coping – Family life during the lockdown](#)

**Young people** (secondary school pupils) [#Coping – Young people's guide](#)

**Primary** [#Coping – Five ways to wellbeing - Primary](#)

**Secondary** [#Coping – Five ways to wellbeing - Secondary](#)

Mental Health Awareness Week				
The 7 Day KINDNESS Challenge!	Monday	Tuesday	Wednesday	
	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need	
	Thursday	Friday	Saturday	Sunday
	Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!

Why not try the 7 Day Kindness Challenge?

Or try your hand at mindful and relaxing pattern making.

<https://www.youtube.com/watch?v=QtcaHKMTW-4>

This beautiful example was produced by Freya in 5S.

