


Your child's mental health and wellbeing: March 2024



Being your child's wellbeing champion

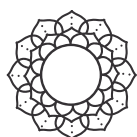
Children learn from the people around them. See this very short clip to see a brilliant example.



Children can't learn without being shown. How do your children see you looking after your own wellbeing? It can be hard with busy lives, the lure of technology, complicated relationships, etc to take care of ourselves, but looking after yourself is a gift to your children.



CONNECT



TAKE NOTICE



BE ACTIVE



KEEP LEARNING



GIVE


The Five Ways to Wellbeing



Not sure where to start? Think about The Five Ways to Wellbeing. How can you build the Five Ways into your life?

Be creative, e.g. giving doesn't have to be money to charity. It could be giving someone a compliment, or taking in a parcel for next door, or sending a text.

Positive self-talk is so important. You want your children to be proud of their achievements, so you need to show them you are proud of yours. Every single day find *something* to celebrate about yourself in front of your children. "I made a really yummy tea today" or "I was going to drive to the shop but I walked instead, I'm really proud of myself."


Celebrate you 



Stop trash talk

"Oh, I'm rubbish at drawing". "I look so awful today". Sound familiar? Don't put yourself down in front of your children. Before you know it, you'll hear the same phrases coming out of their mouths. We all do it, but try to make an effort to stop, at least in front of your children.

Just sat down with a hot drink, when your child calls from another room? (Or even texts from their bedroom!) It's okay for them to wait. Acknowledge them, then explain that you are having a sit-down and they will need to wait. Seeing you create boundaries gives them a template to create their own.

It's okay to wait 



Do you have 2 minutes?
Watch this video which shows you the power of positive self-talk in children.
<https://www.youtube.com/watch?v=x3Pkadgw0aQ>



Do you have 1 hour?
Watch this video from our colleagues in Sussex CAMHS about self-esteem and resilience in children and parents.
https://youtu.be/S_nsiiQiuC8