

## EMOTIONAL HEALTH AND WELLBEING NEWSLETTER

### MENTAL HEALTH AWARENESS



KEEP YOUR CHILDREN  
HAPPY AND HEALTHY

#### RESILIENCE

Resilience is the ability to recover from or adjust easily to misfortune or change. The ability to bounce back or recover is important, but it's not the whole picture. A resilient child recovers from challenges, but they've learned to do more than that. They actually hold a different mindset. A mindset of resiliency that deeply believes: I am not my mistakes, I can try again, things will get better and I am not alone. Optimism is positively correlated to resilience.

#### Strategies to Build Resilience

Parents can help children build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Children need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, children will experience anxiety and shut down in a difficult situation.

#### Build a Strong Emotional Connection

Spend one-on-one time with your children. They develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. When children know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek

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#### Contents:-

- Resilience
- Positive Mindset
- Self Esteem
- Brain Development



# POSITIVE MINDSET



Our children is a positive mindset. One built on optimism

Life has a big impact on whether we experience success or

Love or security. All those things can disappear in the help us brush the dust off and try again.

Success and mistakes as learning opportunities.

Working towards them, no matter what challenges crop up, based on feedback from others, the environment

of self-belief and independence.



# STATEMENTS AND AFFIRMATIONS

Mistakes help me learn and grow.

I haven't figured it out YET.

I am on the right track.

I can do hard things.

This might take time and effort.

I strive for progress, not perfection.

I cheer myself up when things get tough.

I am a problem solver.

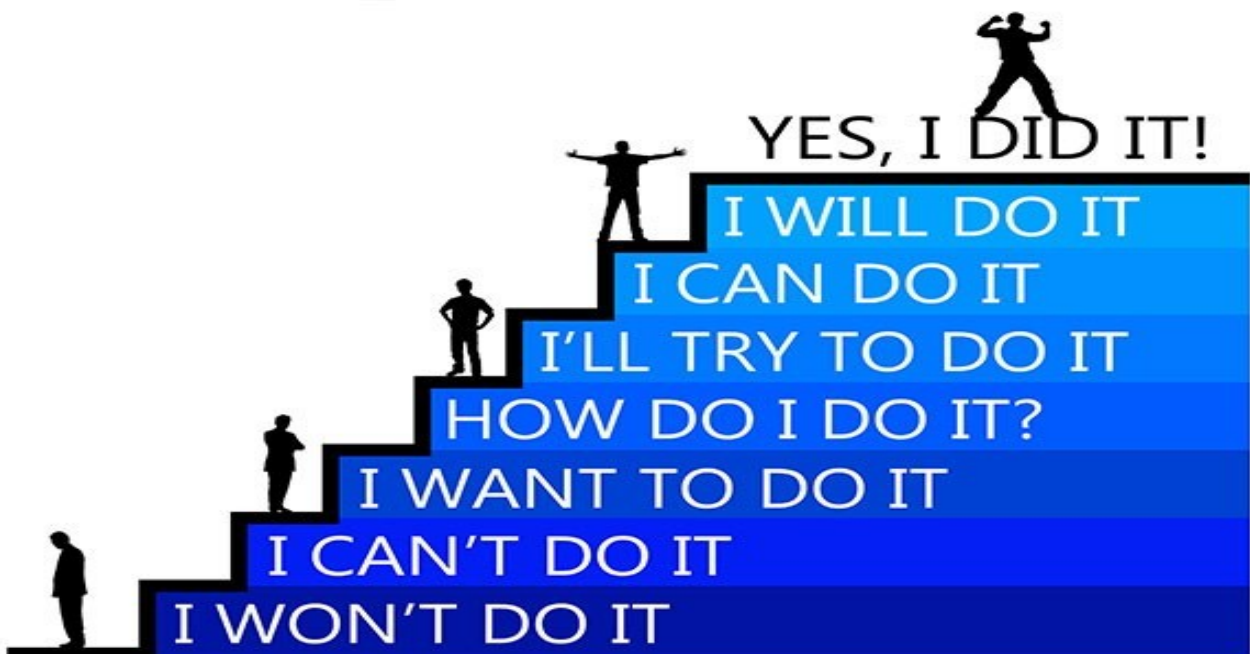
I try new things.

I embrace new challenges

# SELF ESTEEM

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# BRAIN DEVELOPMENT AND THE LINKS TO CHILD MENTAL HEALTH

Even before a baby is born it will have developed between one and two billion basic brain cells. Only a small amount of these cells are connected to each other before birth but the connections that are formed before birth are very important. These are the connections that include the baby's hearing and some automatic responses such as the desire to search for food.

It is also now thought that while they are in the womb a baby's brain development can sometimes be affected if a mother experiences significant anxiety or if the baby is exposed to certain drugs.

The brain's task in the first three years of a child's life is to create connections between the different cells to enable them to manage in the emotional environment they are living in.

In the first year of life the baby's brain will be very much affected by the emotional experiences they have with those caring for them. The baby's brain is receiving information all the time from how they are being cared for and what they hear, see, smell, feel and taste.

Inside the brain lots of connections are being made so these messages and learning can be stored for the future. Just like any new learning this can take time.

By the age of two years, a child will have as many brain connections as an adult and the majority of connections will have been made in the first three years of life.

How many connections a child ends up with as an adult can be affected by the emotional and physical experiences they have as a small child.

It children don't play, they don't learn.

So watch your children play today and observe these schemas in their play. What is a schema? A schema is a repeated action in children.

The difference can significantly affect a child's **Trajectory**- fascinated by the way they

themselves or objects move through the air

**Rotation**- Children who just adore circles and anything that goes round

**Positioning**- children who are always placing things in some kind of order

**Transporting**- children who are always on the move, moving items and often carrying a bag

**Enveloping**- children who like to cover themselves or objects as well as hiding

**Enclosure**-children who love to surround or enclose either themselves or other objects

**Connecting**- connectors simply enjoy attaching themselves or objects to other things

**Transforming**-these children spend hours mixing

Children thrive on play because their brains learn best with play. So even though play is a 4-letter word it is one of the best words that adults should

speak around children. So tell your child to play today...and play along...it keeps you young! #

## DIFFERENT PARTS OF THE BRAIN AND WHAT THEY CONTROL

The brain could have up to 25% more or less connections depending on whether the

