**Supporting your Child’s Emotional Wellbeing**

General things to ensure are in place:

* Good balanced diet - fresh fruit and veg.
* Daily exercise - particularly outdoors.
* Limit screen time.
* Stay in touch with your child’s class teacher, encouraging you child to join in zooms to see their class.
* Reading - choose a book to read with your child, perhaps choose a Roald Dahl that you enjoyed and say you want to read it again and share it with them a chapter a night - it's not only good for emotional well-being but it is good educationally and stops screen before bed enabling better quality sleep.
* At night talk through the good things that have happened in the day - and what you're looking forward to.
* Reading challenge at the library - if you can only get your child to do one thing make it reading - it improves their spelling, writing, vocabulary and reading skill equips them for every other subject.
* Write for a purpose - to a family member, shopping list etc.
* If they have a new phobia about going out/something else - they need measured 'exposure' to it. Find a reason to go out - visit a post-box - just repeat that then find somewhere else to go slightly further away - gradually increasing the challenge.
* Make sure the children go for walks past school so you desensitize them.
* Familiar films that the children know well are comforting - avoid films that make them jump and have a lot of tension/conflict.
* Music they enjoy on in the background means that they don't have chance to dwell on other things that silence can cause.
* Normalise their anxieties about returning to school - it will be a 'soft landing' - teachers know that they will need time to settle in and there will be time to talk and the work is going to be ok to do.
* Go for walks that include seeing the school.

**To get further advice from Mrs Lisa McDavid contact her on: chapelford\_sendco@omegamat.co.uk**

**ChatHealth** is a text support service that Public Health have launched for parents and carers. It means that School Nurses and Health Visitors can respond to a variety of health and wellbeing issues that can be sent by text anonymously.

The ChatHealth text number will operate Monday-Friday from 9am until 5pm**.** Messages will be responded to within 24 hours during this period. Outside these hours, service users will receive a ‘bounce back’ text message indicating that they will receive a response when the line re-opens. Of course, ChatHealth is not an emergency service, and accordingly parents will be instructed to follow usual advice in seeking urgent medical attention.

The text numbers for Warrington are:

* 0 - 5 Parents Service – 07507 327981
* 5 – 19 Parents Service - 07480 635994
* 11 - 19 Young People's Service – 07507 330101

**ADDvanced Solutions** give advice to parents who are finding that their children are displaying concerning behaviours. Their website is **www.addvancedsolutions.co.uk**