



# WELLBEING

**shout** here for  
85258 you 24/7

newsletter



## PARENT SUPPORT GROUP

Havering Mind offer a six-week programme for parents/carers of young people (11-25) struggling with their mental health. Like-minded parents/carers are listened to and reassured whilst receiving tips and techniques to support their children.

It is an interactive online group that lasts for two hour-long sessions on mental health, signposting, effective two-way communication, dealing with anxiety, increasing resilience, parenting styles and self-care. They aim to create a safe and non-judgmental space for parents to offload and gain support through information and empowerment.

**Contact:**

 01708 457040

 [Parents@haveringmind.org.uk](mailto:Parents@haveringmind.org.uk)

Anna Freud Support for Parents and Carers: <https://www.annafreud.org/parents-and-carers/>

## YOGA BUGS

I am pleased to inform you we have bought into the YogaBugs Virtual Programme for our school, and this includes access to YogaBugs videos and mindfulness techniques for you and your children.

On the YogaBugs Parent Portal you will have access to Yoga and Mindfulness videos, chair yoga for you to try, along with helpful mindfulness activities and visualisations that you can use for you whole family.

To register and log into your portal please click on the link below and register your details:

[www.yogabugsvirtual.com](http://www.yogabugsvirtual.com)

You will need to select parents and click to register as a new user. Complete the details requested and select school for the eCode type.

To gain access to the code, please contact the school.

## NEED MENTAL HEALTH SUPPORT?

Call **Havering Talking Therapies** 9am-5pm Monday-Friday

They provide a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health. Their services are confidential, easy to access and available to people living in the London Borough of Havering.

**0300 300 1554 (option 2)**

# 7 ways TO HELP CHILDREN WHO ARE worried

**Anna Freud**  
National Centre for  
Children and Families

## 1 CREATE A SPACE FOR CONVERSATION

Demonstrate that you are available to talk but don't force the conversation at the wrong time as this may feel intrusive. Be open and consistently available, allowing conversation to flow when the young person is ready and willing to talk. Children and young people often find it easier to talk while doing another activities, such as drawing, going for a walk or baking.

**3 EMPATHISE AND VALIDATE** We often want to reassure children, and to help find solutions to make them feel better, but first, spend time listening to the young person, ask them questions, and show an interest in viewing things from their perspective. Be accepting of their worry, anger and sadness about how things are at present. Try to avoid early reassurance which can often sound like "everything's fine". Recognise that these kinds of feelings are common and understandable. Explain that, although the physical feelings we experience in our bodies when we are anxious can be unpleasant, they are normal.

**4 INTRODUCE ALTERNATIVE PERSPECTIVES AND WAYS OF THINKING** A worry is a thought, not necessarily a fact. Listen to the young person and try to understand exactly what they are concerned about. What exactly are they worried about, and are their worries likely to happen, if so, what would it mean if they did? Exploring alternative ways of looking at things might help to put worries into perspective and in turn result in less anxiety-provoking conclusions.

**6 PROBLEM SOLVING AND COPING** Focus on emphasising confidence in the young person's ability to cope and engage them in helping to think about different strategies.

**7 CHECK-IN AND MONITOR PROGRESS** A critical part of the process is to carefully observe the impact of any suggestions/changes in approach with the young person. This could be done using an Anxiety Thermometer which is based on the child's response; 0 being calm and content to 10 being extremely anxious, hopefully by taking these steps the young person's Anxiety Thermometer will reduce over time.

## 2 DEMONSTRATE CALM

Try to model a calm and measured response. We know that children are good at noticing when others around them are anxious and will watch the behaviour of others to work out whether they too should feel anxious themselves. Even if you're feeling anxious on the inside, you can help the young person by remaining calm on the outside. This will help to reassure them that things might be difficult, but they are manageable.

**5 REDUCE ENVIRONMENTAL STRESSES** Help the young person to consider and recognise what makes anxiety worse, for example constant exposure to stressful stimuli such as too much social media/news, and the withdrawal of daily activities which may have previously provided support. Try to keep to a routine, with activities throughout the day (e.g. schoolwork, exercise, relaxing, keeping in touch with friends and sleep). However, don't add pressure if they seem overwhelmed. Instead, emphasise the importance of self-care and being kind to themselves.

## Useful APPS



**Moshi** is a relaxation and mindfulness app for young children. It can be used to help your child fall asleep.



**Calm** is the #1 app for Sleep, Meditation and Relaxation. They have now added a section for children which contains a library of sleep stories.

## childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Childline have a fantastic area on their website called the 'Calm Zone' to help support children's mental health. It contains:

- Activities and tools
- Breathing exercises
- Expressing yourself
- Yoga videos
- Games
- Ways to cope videos



[www.childline.org.uk/  
toolbox/calm-zone/](http://www.childline.org.uk/toolbox/calm-zone/)

If you have any queries or questions, please contact the School Office.

✉office@stursulasprimaryschool.co.uk

☎ 01708 345200

**CAMHS offer FREE parent drop-in consultations.** These sessions are a great opportunity for you to speak to a CAMHS professional about any concerns you may have, regarding your children. These include coping, emotional and sleep concerns. The school nurse can also join these sessions - you can request this when you contact the school to make a booking.

**Please contact the school office to book a slot.**