Supporting your child's wellbeing

Tower Hamlets Education
Wellbeing Service

Tower Hamlets Education Wellbeing service

What do we offer?

- One-to-one interventions
- Group interventions
- Workshops

1:1 work with parents

Anxiety (aged 5 – 11)

- Nervous or shy
- Worries about family or friends
- Fears of animals or the dark

Behaviour (aged 4 – 8)

- Frequent tantrums
- Difficulty following rules
- Overly physical

8 – 10 weeks; 1 hour per session each week

Group work

- Emotion regulation to better understand and manage emotions

- Delivered as a lesson directly to whole classes or smaller groups of students

- Parent supporting your child's anxiety and behaviour group

Workshops

- Larger group sessions
- Parents or staff
- One-off, but sometimes as a short series
- Mental health awareness, managing your child's anxiety, transitions, identifying mental health needs, positive parenting and behaviour, and lots more.

How can we support children's emotional wellbeing?



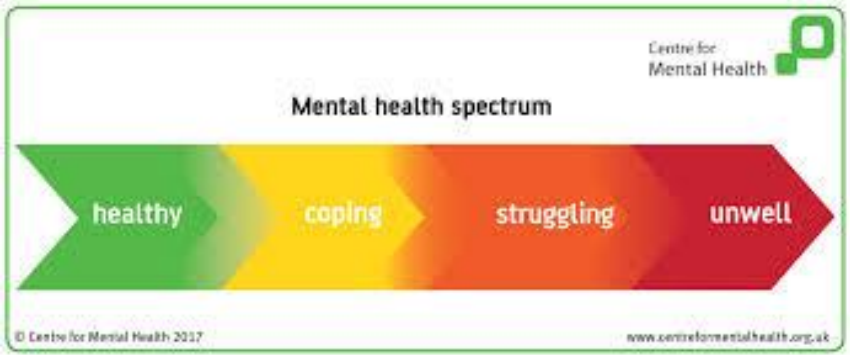


What is mental health?

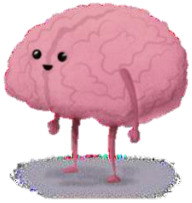
- Mental health is about our feelings, our thinking, our emotions and our moods.

- New study in 2017 shows **83%** of us will experience a some kind of mental health difficulty over the course of our lives. This might be a period of high anxiety, sadness or something more.

- **Mental Health is a Spectrum**



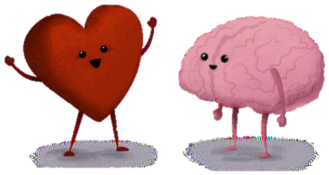




How can we support children's emot wellbeing?

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- Make conversations about emotions a normal part of life
- Ask open questions such as "how did your day go today?"
- Give your full attention – choose the right time
- Offer empathy rather than solutions



How can we support children's worry?

Noticing worry:

Unhelpful thoughts: imagining the worst case scenarios or fixating on potential threats

Anxious behaviour: avoidance and reassurance seeking

Reports of: stomach-aches or feeling sick, nightmares or faster breathing

Replace re-assurance with questions
"You'll be fine, nothing bad will happen" = "what do you think will happen?"

Encourage independence and praise!

Promote independence

Identify age appropriate activities your child can try:

- ❑ Follow a recipe for baking
- ❑ Order their own food at a café
- ❑ Take care of personal belongings
- ❑ Look up some information for a family activity on the internet
- ❑ Water the plants
- ❑ Be in charge of feeding the house pet

Usual age	Skill
6+	Choosing own clothes, dressing self
6+	Tying shoes
7+	Taking a bath independently
7+	Brushing teeth or combing hair without help
8+	Putting dirty clothes in the washing basket
9+	Making breakfast or a packed lunch
9+	Packing own bag for school
10+	Choosing own haircut/ hairstyle
11+	Getting up in the morning without a reminder (using an alarm)
11+	Being responsible for own bedroom (tidiness, decorations)









Praise

Giving attention & praise is an effective way to influence a child's behaviour

Top tips:

- Make praise specific –tell them exactly what you're praising them for
- Encourage your child to have a go! & convey confidence in them
- Don't just praise successes, praise effort & attempts (e.g. "I'm so proud of how you kept going")
- Convey that mistakes/failures/setbacks are okay, and a part of life
- Comment on how well they coped e.g. "wow, you did that without any help, that is so impressive!"



Looking after yourself and self-care

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‘Five ways to Wellbeing’



Anna Freud - over 90 self-care strategies

https://www.annafreud.org/selfcare/



What to do if I am worried about my child?

Talk to some from school – class teachers, senior staff, wellbeing and family support

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