



St Mary's Catholic Primary School
Learning and Living Through Faith

Mental Health and Wellbeing Newsletter

Edition 2

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As we all know sometimes it can be difficult to encourage our children to open up and talk about their day- whether that be a good day or not so good day. Here are some conversation starters that may support you in being able to connect and communicate with your child:

What was the best bit of your day?

What was the worst bit of your day?

What did you do today that made you feel proud?

How are you feeling?

What would you like to talk about?

Sometimes you may need to model these conversations first!

5 ways to wellbeing:



Connect

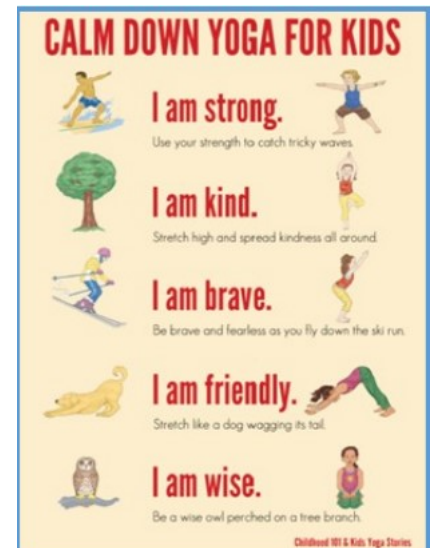
Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

- take time each day to be with your family (eat dinner together)
- arrange a day out with friends you have not seen for a while
- try switching off the TV to talk or play a game with your children, friends or family
- visit a friend or family member who needs support or company

Feeling big emotions? Why not try...



This is a lovely resource for exploring coping strategies linked to sadness, anger, anxiety and fear. There are three versions for you to use. <https://www.elsa-support.co.uk/coping-skills-fortune-teller/>

"Look for new reasons to be hopeful, even in tough times."

<https://actionforhappiness.org/calendar>

Places to go for advice or support:



This website offers lots of support for parents of young people and allows you to be specific about the needs of your child to provide the best support available.

<https://www.youngminds.org.uk/parent/find-help/>



This short clip provides tips on how we can raise resilient children. It is crucial we raise resilient children as this will enable them to adapt and bounce back during times of conflict, failure and disappointment.

<https://parentingsmart.place2be.org.uk/article/raising-a-resilient-child>