

Happy Healthy Families

Parent Workshop

Summer Term : Children's emotional well being

Sutton School Nursing Team

Objectives

- To identify how to support your child's emotional well-being
- To explore how we can promote positive mental health in our children
- To identify how positive parenting can support this



PHYSICAL HEALTH

MENTAL HEALTH

FEEDBACK

What is being healthy?

- ▶ Food
- ▶ Exercise
- ▶ Personal hygiene
- ▶ Sleep
- ▶ Avoid:
 - smoking
 - drugs
 - alcohol

Physical

- ▶ Good friendships / relationships
- ▶ Family
- ▶ Environment
- ▶ Not being stressed
- ▶ Social life
- ▶ Resilience / how we manage our emotions
- ▶ Sleep

Emotional

Understanding emotions

Like adults children all have positive and negative feelings.

What emotions and feelings have you seen in your child?



www.moodcafe.co.uk/for-children-and-young-people/that-feels-better-for-primary-school-children.aspx

Parent talk –Children's Emotional Well being. 12-02-18



Identifying emotional needs

- Change in behaviour
- Change in appetite
- Change in sleeping pattern-nightmare
- Bed wetting
- School refusal
- Self harming
- Attention seeking
- Self image
- Tummy aches



Causes of change in emotional health

- Moving house
- Changing school- change in year, teacher, best friend leaving
- Friendships changing
- Puberty
- Health conditions –own or family member
- Bullying
- Media
- Bereavement – family or pet
- Difficulties with education
- Changes in family situation
- Self image



How can you help your child ?

- Listen
- Talk
- Positive parenting
- Consistency of parental approach
- Realistic expectations.
- Healthy diet and exercise
- Good sleep routine
- Family and social time/interaction
- Encourage independence



How can you support your child with -

Anxiety



Shyness



Temper Tantrums



How can we deal with temper tantrums

Positive parenting –

- Talking
- Listening
- Being available
- Consistency
- Boundaries
- Reward positive behaviour
- Where safe ignore negative behaviour



What is Self Esteem?

Self esteem is the overall opinion we have of ourselves.



Building on your child's confidence and self esteem helps your child learn resilience and more able to face challenges they encounter.



Summary

- Be consistent
- Clear explanations and expectations
- Clear boundaries
- Make time for each child
- Talk and listen
- Acknowledge different ages=different rules
- Praise good behaviour
- Keep calm
- Look after yourself



Where to go for help

- School Nurse website – www.suttonchildhealth.co.uk
- Inclusion lead at school
- GP

Websites

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/#build>

<https://www.nhs.uk/choices>

<https://nspcc.org.uk>

<https://childline.org.uk>



QUESTIONS?

