

**Welcome Message**

Hello and welcome to edition 4 of our Family Information sheets. This month’s focus is on wellbeing, and we hope our top tips, suggestions and website links will inspire you to take the time in putting your mental health and wellbeing high on your priority list.

Just as we need food to feed the physical demands on our bodies and stay healthy, we also need to look after our mental health and wellbeing too. If you think about your wellbeing as a jug of water. Throughout the day you continually pour a little of your wellbeing water into your loved ones cups to support them with all the things they need. Very soon, your jug becomes empty if you do not take time for yourself to refill your wellbeing jug. Being mindful about taking care of our mental health and wellbeing is important for you and your family so this month dip into some of our suggestion below on how to keep you and your family’s wellbeing jugs topped up.

**Early Years**

Early Years experiences shapes the developing brain and lay the foundations of sound mental health. This is through early experiences including children’s relationships with parents, caregivers, relatives, teachers, and their friends. To find out more about your under 5's social and emotional wellbeing, check out the following websites.

* <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
* <https://cyps.northyorks.gov.uk/mental-health-and-emotional-well-being-under-5s>
* <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-infant-mental-health-babies-and-under-5s/>

**Courses/ Support for Parents**

* <https://ebsontrackprospect.northyorks.gov.uk/Page/ProspectusList?search_TOPIC_operator=Equals&search_TOPIC_type=String&search_TOPIC_value=FAM>
* <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

**Personal, social and emotional development**

* <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/596629/EYFS_STATUTORY_FRAMEWORK_2017.pdf>

**Indicators of good mental health in pre-school age children include:**

* being able to listen and respond to adults instructions, comply with and understand rules
* being able to form positive relationships with other children and with adults
* being sensitive to their own and other children’s needs.

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**Secondary**Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; taking regular exercise; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Supportive environments in the family, at school and in the wider community are also important.

* <https://www.schoolwellbeing.co.uk/>
* <https://www.nhs.uk/conditions/stress-anxiety-depression/worried-about-your-teenager/>
* <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

**Podcast; Adolescent Brain**
<https://soundcloud.com/anna-freud-centre/child-in-mind-adolescent-brain>

**Services for Young People**

* **Compass Buzz-** Information for young people aged 11-19 *(up to 25 years old with special educational needs)* on emotions, health, wellbeing and relationships for young people.
<https://www.compass-uk.org/help-and-support/young-people/>
* **BUZZ US Service** – For further support, Compass Buzz have a confidential text messaging service for young people. They provide advice, support and signposting from a wellbeing worker within one working day via text. <https://www.compass-uk.org/buzz-us/>
* **Kooth** – Online mental wellbeing support and counselling. It is anonymous service; all you need to provide is the area you live in and your age. There is a magazine and discussion boards for you to talk to other young people experiencing similar issues. There is a goal setting tool and a journal to track your feelings and emotions. There is a messenger chat service to talk to Kooth’s friendly team who will listen and understand. <https://www.kooth.com/>

**Other Useful Wellbeing Information**

* <https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-north-yorkshire/emotional-health-wellbeing/>
* [<https://wellbeinginfo.org/self-help/wellbeing/>](https://wellbeinginfo.org/self-help/wellbeing/)
* <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>
* <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
* <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

**Primary**

School years are key to developing social and emotional skills, knowledge and behaviours. This period sets a pattern for how a young person will manage his or her own mental health and wellbeing into adulthood. A sharp focus on promoting wellbeing, building resilience and good mental health will improve outcomes for children and young people, and the nation as a whole.

* <https://youngminds.org.uk/media/1428/wise-up-prioritising-wellbeing-in-schools.pdf>
* <https://www.kelsi.org.uk/__data/assets/pdf_file/0010/108919/Emotional-Wellbeing-Support-for-Primary-School-Aged-Children-Covid19.pdf>

Research from around the world tells us that there are five things we should all do more of to boost our wellbeing and improve our mood. Here are some things you can do in and around your home.

* <https://www.justtalkherts.org/media/documents/five-ways-to-wellbeing-for-primary.pdf>