

## LOOKING AFTER OUR EMOTIONAL WELL-BEING AND MENTAL HEALTH

What can we do to look after our children's well-being during the summer holidays?

With school lunches out of the way, it is hard to keep food healthy but try and remember the fruit and vegetables! Get your child involved in preparing and cooking the food. Try something new together like making your own pizza, making healthy snacks and putting fruit on top of the ice cream!

Role model.....try to stay active and eat healthily yourself.

Use praise and reward positive behaviour in your children.

Take time to be with your children and talk to them every day. Put away any distractions such as electronic equipment and be with your children.

Play with your children. It is hard when you work or you have those pressing jobs to do but try and spend time sitting with your children and playing something together.

Go somewhere new. This could be a different park, picnic spot or place of interest that you have never been too. Watch out for the discount coupons going around for day trips!

Keep active. Change4life and Disney have teamed up and developed the '10 minute shake up games'. The 10-minute bursts of fun keep your children moving and count towards the 60 minute active minutes they need every day. Have a look at their website for more information.....<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Try to limit the use of computers, iPads, play stations and mobile phones.

Have a look at free activities and events in your local community, for example at the library, museum or at Blenheim Palace. Maybe go with some friends and invite someone new to come along too.

Learn something new together.....this could be a new activity, read a new book or learn new words.

Rest and get some sleep. Try relaxation techniques with your children to help them relax.

**Enjoy the time with your children and have fun!** 😊

Lynne Hammond, Parent Governor