

LOOKING AFTER OUR EMOTIONAL WELLBEING AND MENTAL HEALTH



connect with others!

Strong relationships with family and friends fills children with confidence, optimism and maximises their learning potential. The feeling of being close to and valued by other people is a fundamental human need and can help personal wellbeing. Positive social relationships acts as a buffer against mental ill health.

Children demonstrate positive emotional wellbeing when they:

- Share humour, happiness and satisfaction with others
- Seek out and accept new challenges
- Celebrate their own efforts and achievements of others
- Work with others
- Support others
- Enjoy moments on their own
- Manage change and cope with frustrations and the unexpected
- Are happy, healthy, safe and connected to others.

What can we do as parents?

There is evidence that wellbeing can be passed on through relationships. By demonstrating healthy relationships as parents, we can promote our children's emotional wellbeing.

Challenge yourself this week and try out one of these.....



Take time each day to be with your family. For example, have a meal together, cook together or visit the local park together.



Arrange a play date or time with friends.



Switch off the TV, put the phone down and play a game with your children.



Take time to talk to your children



Pick up the phone to someone instead of texting or emailing.



Speak to someone new during the day...this could be at school drop off or pick up.



SMILE at everyone!

Lynne Hammond, Parent Governor