

BEDTIME STORY INFORMATION EVENING

Wellbeing

26th February 2024



MRS WHITE

Mental Health and ASD
Inclusion Support
Practitioner



MRS HUME

Headteacher
and Interim
SENCo

WHAT IS WELLBEING?

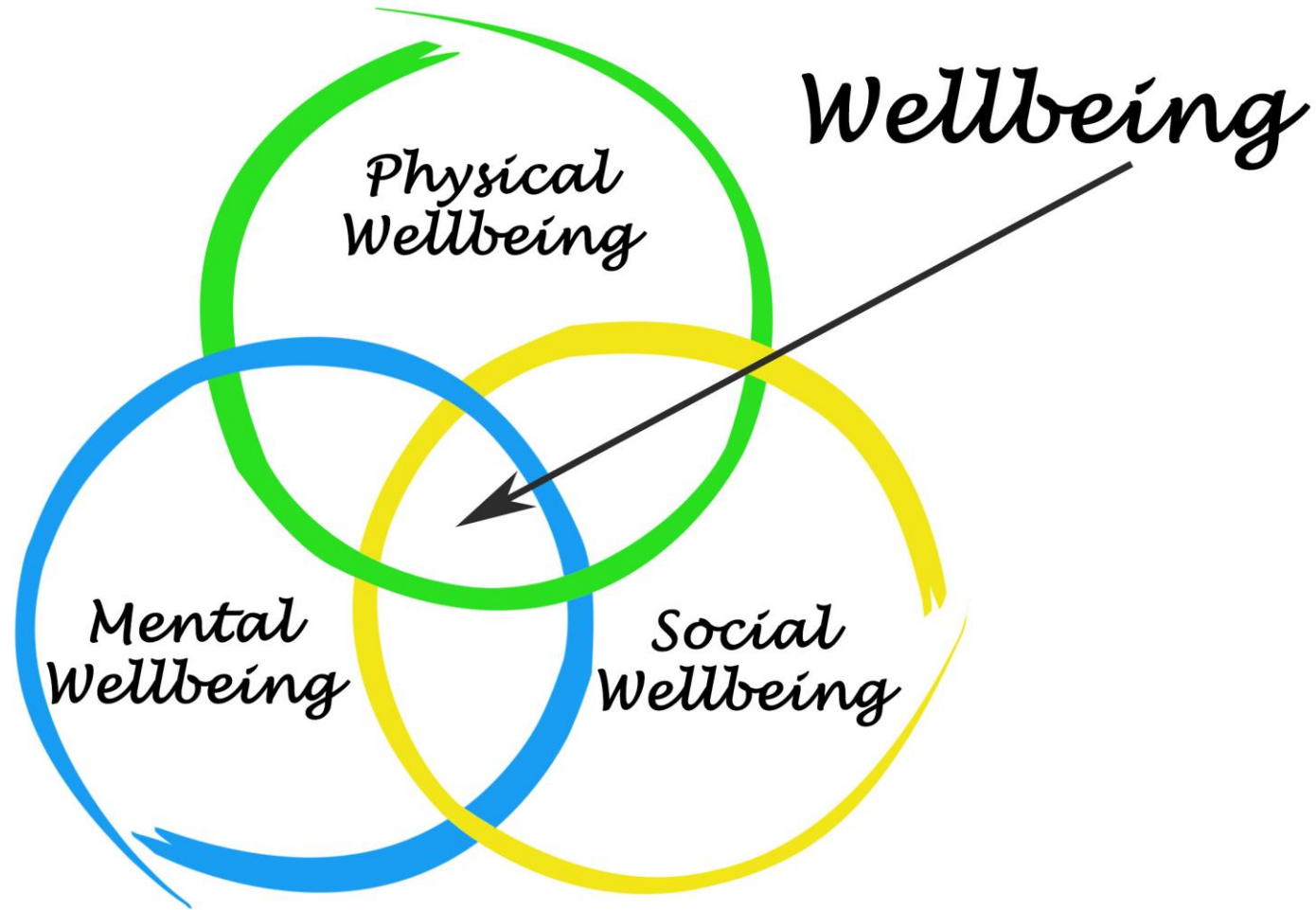
'Learning and Growing Together'



‘Childhood wellbeing is multi-dimensional and should include dimensions of physical, emotional and social wellbeing; it should focus on the immediate lives of children but also consider their future lives.’

Childhood Wellbeing: A Brief Overview, Gov.uk

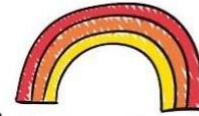
WHAT IS WELLBEING?



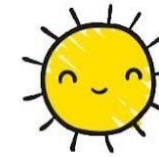
WELLBEING

- Physical Wellbeing
 - Sleep
- Social Wellbeing
 - Attendance
 - Staying Safe
- Mental Wellbeing
 - Emotions
 - Learning
- Parent Wellbeing

Self-Care & Mental Health for Kids



Share your own feelings to **encourage** self-awareness.



Set aside time for **low-stress** or solo activities.



Find social groups that help them feel like they **belong**.



Focus on articulating **feelings**.
"I am angry."
"I am sad."

Encourage **journaling** and diaries.



Practice **self-care** for yourself to set the standard.



Encourage your child to focus on the **moment**.

Establish a **self-care** routine.

Recognize **toxic stress** events.

BlessingManifesting

Cultivate interests and **hobbies**.

PHYSICAL WELL-BEING

- If children have the right physical foundations in place (eating, well sleeping well, exercising regularly), this will help contribute to positive mental health.



SLEEP

National Sleep Helpline: 03303 530 541



Home | About ▾ | [Information & Support](#) ▾ | Our Courses | Get Involved ▾ | News | Contact 🔍



Welcome to the World of Sleep eBook

Supported by Dunelm, our new children's sleep eBook is part of our 'Tired of Being Alone' campaign to support parents and carers who have a child/children that struggle to get good quality sleep. There are many reasons why a child may experience sleep difficulties and this guide explores some of the more commonly reported issues. It is packed with information, advice, hints and tips to help you to get your child to sleep better.

<https://thesleepcharity.org.uk/information-support/children/>

THE SLEEP CHARITY

Welcome to the World of Sleep eBook

Supported by Dunelm, The Sleep Charity has launched a brand-new Children's Sleep eBook as part of its 'Tired of Being Alone' campaign to support parents and carers who have a child or children that struggle to get good quality sleep. It's a helpful guide that shows how common sleep issues are, that parents are not alone and that help and support is available.

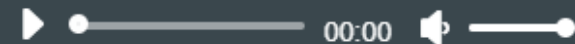
When we have children, we expect there to be some disrupted nights. Unfortunately for some families the sleepless nights can continue for months and even years. Parents can feel isolated, lonely and often judged. We want to reassure those who are affected with children's sleep difficulties that there is help available, and that things can change.

Around **4 in 10 children** will experience a sleep problem at some point and this rises to **8 out of 10 children** where there is a diagnosis of Special Educational Need or Disability (SEND). These problems are typically persistent and do not resolve themselves without intervention.

[Download full colour ebook](#) 

[Download print friendly ebook](#) 

Listen to the audiobook



[Download the audiobook](#) 



SLEEP WORKSHOPS



The screenshot shows the Sleep Well Academy website. The logo is a stylized owl with the text 'sleep well academy'. The navigation menu includes 'Home', 'Children', 'Adult', 'Workplace', 'Who can enrol?', and 'Contact'. The main heading is 'Foundation Sleep Workshop' in large blue letters. Below it is a breadcrumb trail: 'Home / Children / Foundation Sleep Workshop'. The background is dark blue with white stars.



For: Professionals and Parents/Carers



Duration: 60 mins

Includes course exercises



Cost: £40/licence

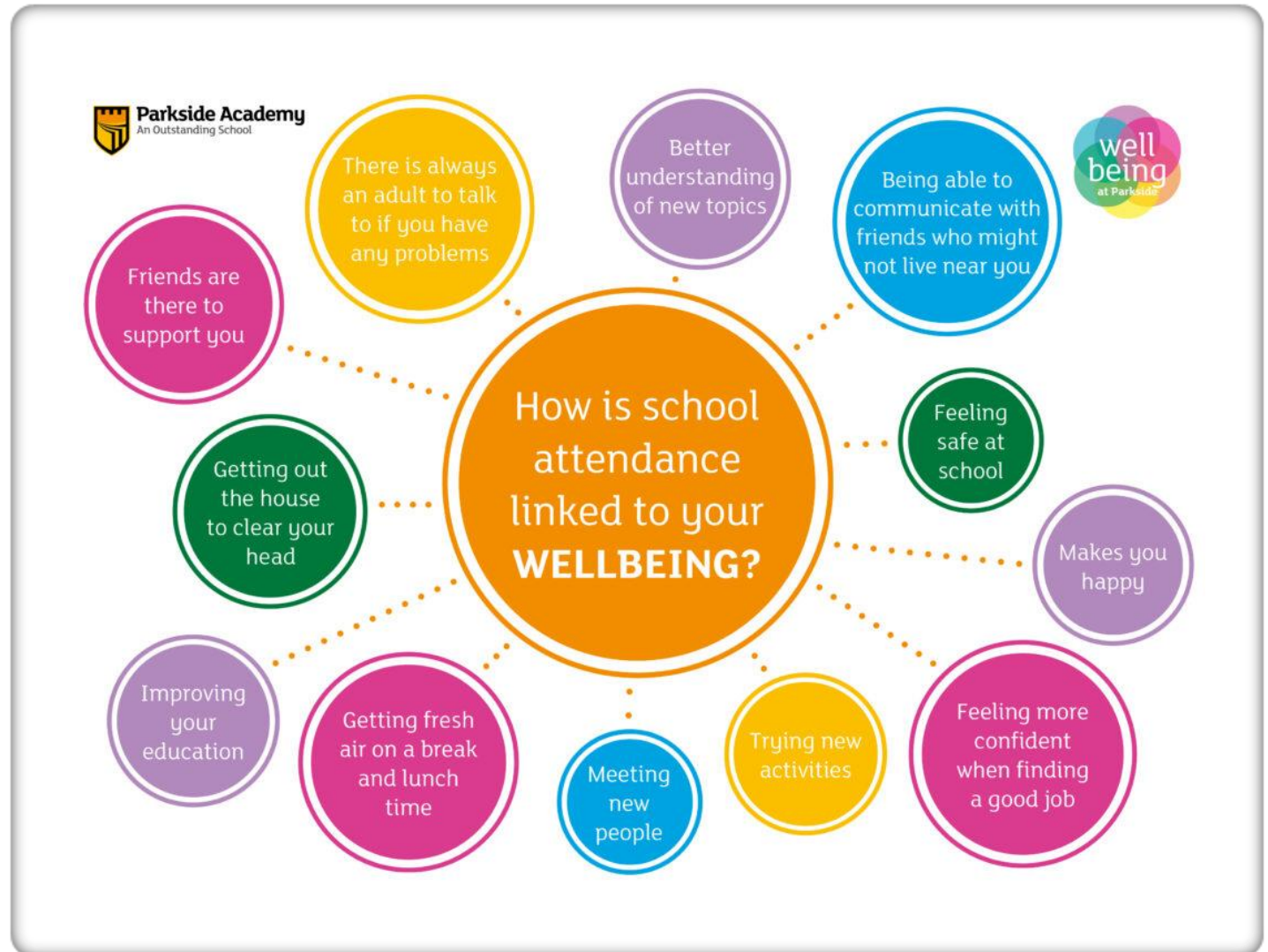
Discounts are available for group licences. Please contact a member of our team for more information on these discounts.

£40.00

<https://thesleepcharity.org.uk/our-courses/>

SOCIAL WELLBEING

- Attendance Matters!
- Not just about academic progress but also supports children's wellbeing through friendships, play and communication.
- Children miss out on far more than just learning when they are absent from school.



STAYING SAFE

- Safeguarding Culture
- Children knowing who to turn to if they feel unsafe or uncomfortable about something.
- Can be difficult to know how to answer questions or offer support, especially as children grow up and issues become more challenging and complex.
- Lots of resources online to support parents/carers.

Keeping You SAFE at Damson Wood



If you are feeling sad, upset, scared or worried, you can talk to any member of staff in our school - they will listen and help you.

You can talk to:

- Your Class Teacher
- A Teaching Assistant
- Mrs Hume or Miss Hull
- A Play Worker
- Another trusted adult in school.

If you would prefer to speak to a child, you could talk to an Anti-Bullying Ambassador or a School Councillor. They will ask a grown up in school for help.

Speak up. Be heard. Feel safe.



STAYING SAFE

Away from home

Children starting school or work, and taking part in activities can be both exciting and worrying. We've got tips to help you keep children safe.

[Find out more](#)

Children's mental health

Advice on how to support your child if they're struggling with depression, anxiety, self-harm or suicidal thoughts.

[Learn more](#)

In the home

We've got advice to help children build up independence at their pace, keeping them safe both at home and if they're moving out.

[Learn more](#)

Online safety

From online games and video apps to sexting and online porn, we've got advice to help you keep your child safe online.

[Learn more](#)

Our services

Our services help children who've been abused, protect children at risk, and find the best ways to prevent child abuse from ever happening.

[Learn more](#)

Reporting child abuse and neglect

Whether you want to report child abuse and neglect, or are worried about a child and not sure what to do, we have advice for you.

[Find out more](#)

STAYING SAFE

- Important to address issues in an age appropriate and safe way.
- Aim to develop healthy, safe relationships from a young age.
- With younger children, the aim is to develop respectful attitudes by focusing on learning that supports inclusion and belonging rather than covering specific types of discrimination, such as misogyny.
- At key stage 1 this might include exploring how everyone deserves to be treated with respect. Also, recognising and celebrating our differences and similarities.
- This will all help to prepare pupils for more specific learning about discrimination later, especially as they access digital platforms with increasing independence.

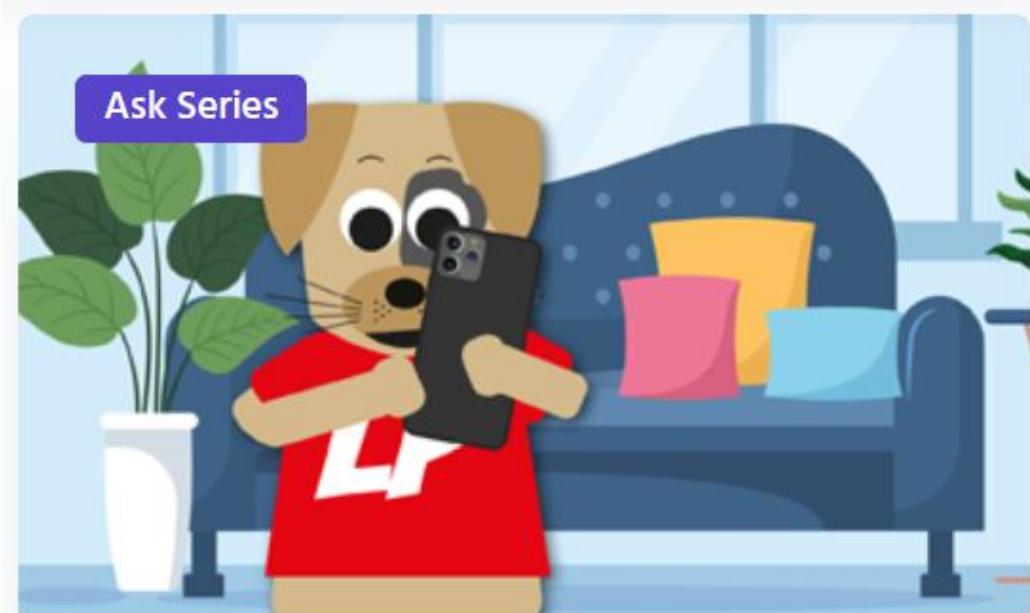
Safe Online Relationships

- Online Safety - understand that people sometimes behave differently online, including by pretending to be someone they are not.
- Online Respect - that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online, particularly when we are anonymous.
- Online Friendships - how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- Being safe - how to report concerns or abuse, and the vocabulary and confidence needed to do so.



About The Dog, Duck And Cat Trust

We are a charity that provides stories, games, activities and resources for you to use with your child aged 0 to 9 years of age. We look at different subjects and try to help you educate them to help keep them safe, and encourage them to talk and ask for your help if they ever need to.

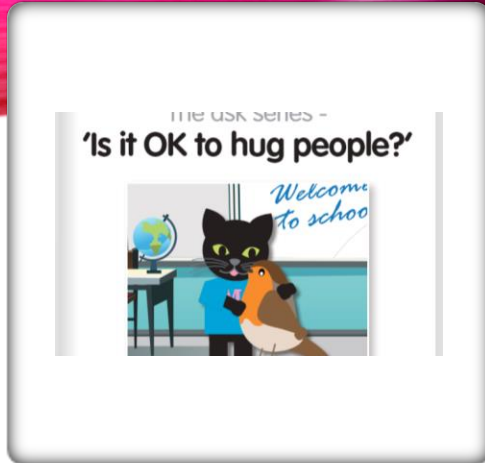


The Ask Series

The Ask Series is a joint project between the Violence Reduction Partnership (VRP) and the Dog, Duck and Cat Trust.

There are four stories to help 3- to 6-year-olds learn about being equal, being confident, understanding consent, gender stereotyping, understanding their right to say no to certain things and staying safe.

STAYING SAFE



- Access the stories online
- Read through the interactive stories
- Make sure you use the useful tips to ask questions
- We recommend reading both stories yourself to determine which is most appropriate for your child/children's level of understanding and maturity.
- <https://www.dogduckandcat.co.uk/parent-carer-guardian>

MENTAL WELLBEING

It is essential that we support our children's mental wellbeing to help them to have healthy relationships, be able to manage big emotions and navigate social situations both in real life and (in the future) online.

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

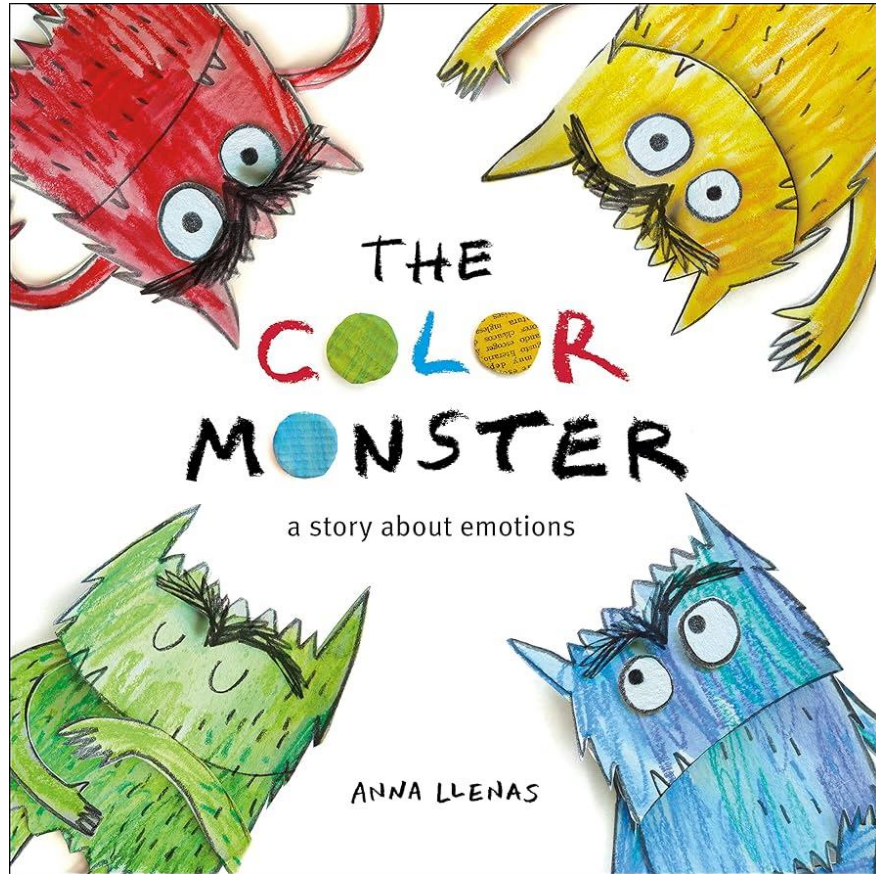
Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.

MENTAL WELLBEING





EMOTIONS

HOW TO HELP KIDS CALM DOWN

Alana Cooperman, LCSW



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4



3



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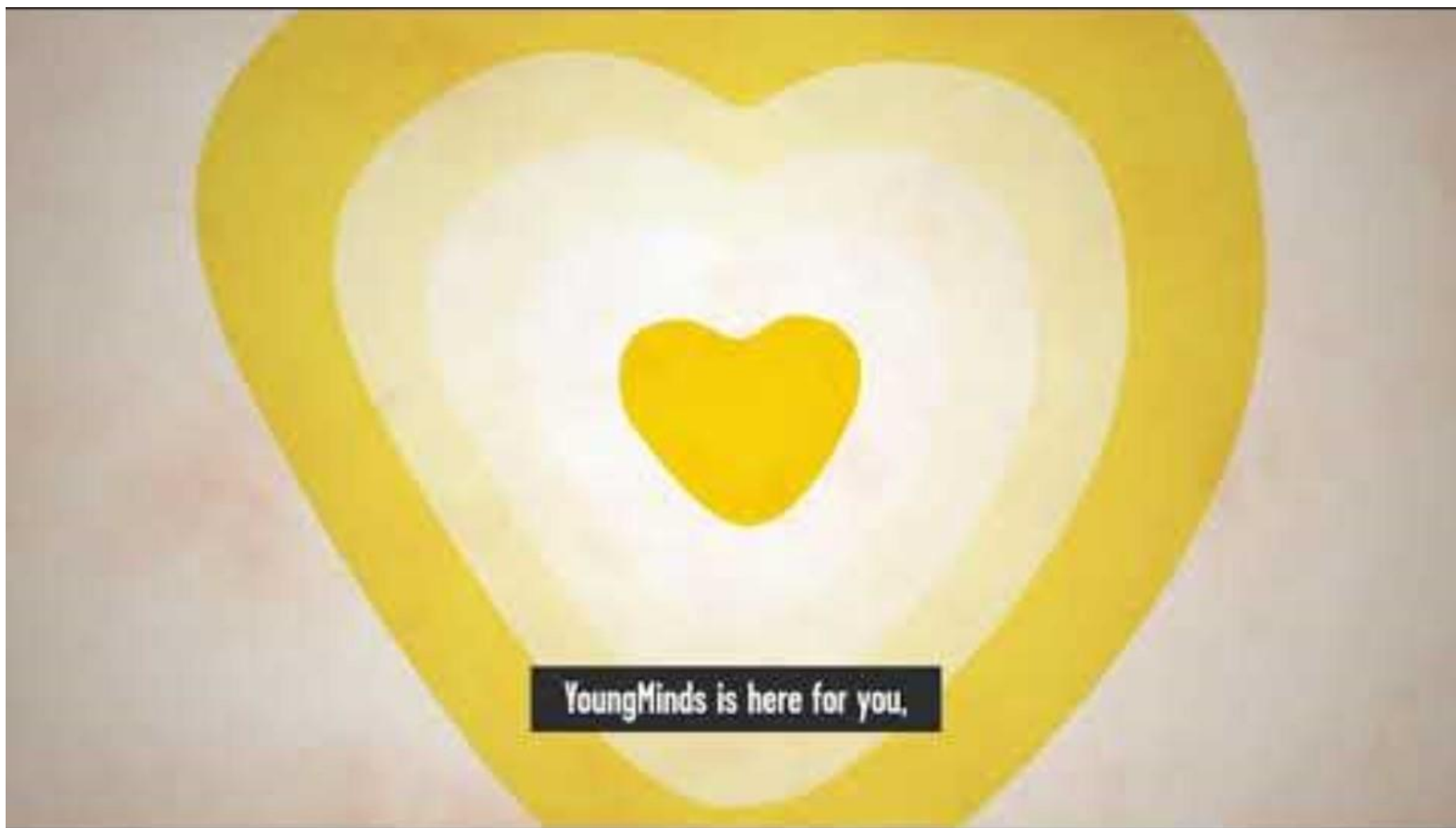
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CHANGES?

MENTAL HEALTH CONCERNS



<https://www.youngminds.org.uk/parent/>

LEARNING – 5 WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

LEARNING - READING

Children who read...



Are more likely to overcome disadvantage caused by inequalities



Are more likely to be happier, healthier and experience better mental wellbeing and self-esteem



Are more likely to do better at school and make more progress across the curriculum



Are more likely to develop empathy and creativity

LEARNING – KINETIC LETTERS

Kinetic Letters®
making hand-writing easy for everyone

[Home](#) | [Teaching Programme](#) | [Rapid Results](#) | [Resources](#) | [Training](#) | [Contact](#)

Efficient automatic
letter formation



Making handwriting automatic

... so all the attention of the brain can be on the content.

Used in Primary and Secondary Schools across the U.K.

“

School initiatives to improve pupil's perseverance with and fluency in writing have been highly successful. Standards of writing have improved significantly and are now above average throughout the school. Standards of writing are very high in Year 1 and Year 2.

”

*OFSTED Report: 2014 Simon de Senlis,
Northampton*

PARENT / CARER WELLBEING





Report Child Abuse (Opens in New Window)

Family Information Service Homepage

Find Activities and Services (Opens in New Window)

Holiday Activities and Food (HAF) (Opens in New Window)

Activities and Service Directory (Opens in New Window)



Click here to search for **activities and support services** on our online directory

HAF (Opens in New Window)




Search for **free activities** during the Easter, Summer and Christmas school holidays for children in reception up to year 11 who are entitled to benefits-related free school meals.

Childcare



Click here to view information on **Ofsted registered childcare**, help with childcare costs and early education funding for 2-4yr olds.

Solihull Local Offer (Opens in New Window)



Parenting Support (Opens in New Window)



Information on the **parenting support** available in Solihull.

Information for Childcare Providers and School Nurseries



Useful information on **claiming Early Education Funding** for childcare providers

Family Activities and Events Winter 2023 (Opens in New Window)



Parent Network **Winter Newsletter** containing activities and events for families.

Short Breaks (Opens in New Window)



Solihull Commissioned Short Breaks Statement and Activities 2024



Parenting support

In this section:

- ▶ **Parenting support**
- ▶ Five to Thrive
- ▶ Solihull Approach online courses
- ▶ Antenatal parenting group - Journey to parenthood
- ▶ Parenting group for all parents - Being a parent
- ▶ Mental health awareness workshops
- ▶ Postnatal parenting group - Understanding your baby
- ▶ Parenting group for all parents - Understanding your child
- ▶ Autism West Midlands support

Solihull Parenting team offers a range of supportive groups and workshops for parents and carers in Solihull, taking place both face-to-face and virtually, and all free of charge.



[View the Spring 2024 Parenting Timetable](#)

<https://www.solihull.gov.uk/children-and-family-support/parenting-support>

Five to Thrive

In this section:

- ▶ Parenting support
- ▶ **Five to Thrive**
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- ▶ Postnatal parenting group - Understanding your baby
- ▶ Parenting group for all parents - Understanding your child
- ▶ Autism West Midlands support

This 6-week group is open to parents and carers with children aged up to 4 years.

The Five to Thrive building blocks describe a group of activities that build healthy brains in babies and young children and maintain healthy brain function throughout life.

The simple key words - **respond, cuddle, relax, play, talk** - offer a bridge between professional understanding of how the brain develops and everyday experience.

If you would like the opportunity to meet other parents with babies, learn how to further develop your baby's brain, make new friends and leave with a smile, then please come and join us.

To find out what groups are scheduled, please contact the parenting team via bsmhft.parenting@nhs.net providing your name and address.

If you'd like to know more about baby and child development, please take a look at the website [Five to Thrive in Solihull](https://www.solgrid.org.uk/fiveto thrive/).



<https://www.solgrid.org.uk/fiveto thrive/>

Course for parents, carers and young people.



Solihull Approach online courses are free for all Solihull residents to gain knowledge, confidence and skills to support their parenting.

The courses work on laptops, PCs, smart phones and tablet a modern browser is required. You can update your browser at GOV.UK.

To access the courses:

- ▶ a - Go to www.inourplace.co.uk
- ▶ b - Create an account using an email address and password
- ▶ c - Scroll down to choose a course
- ▶ d - Select the relevant course:
 - ▶ Understanding Your Child's Mental Health & Wellbeing
 - ▶ Understanding Your Child
 - ▶ Understanding Your Child's Feelings
 - ▶ Understanding Your Teenager's Brain
 - ▶ Understanding your child with additional needs
 - ▶ Understanding Your Baby
 - ▶ Understanding Your Pregnancy
 - ▶ Understanding Relationships
- ▶ e - Click on 'Already got a discount coupon?'
- ▶ f - Insert the access code - **APPLEJACKS**
- ▶ g - Click 'Apply coupon'

<https://www.solihull.gov.uk/children-and-family-support/parenting-support/online-courses>

For parents and carers of children aged 2 to 16 years.



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

The **Being a Parent** parenting groups are led by trained parent volunteers and aim to help you to:

- ▶ taking care of ourselves
- ▶ feelings
- ▶ play
- ▶ valuing my child
- ▶ understanding children's behaviour
- ▶ boundaries and discipline strategies
- ▶ listening and improving communication
- ▶ coping with stress and anger
- ▶ knowing where to get support

A supportive group where parents and carers of children aged 0 to 16 years can meet in a familiar and friendly environment without their children, the sessions run for either 90 minutes via Microsoft Teams, or 2 hours when face to face.

The groups take place on a rolling basis during each academic term, running weekly for 8 weeks, giving parents the opportunity to support one another and share knowledge and experiences with the help of tried and tested resources from the 'Empowering Parents, Empowering Communities' programme.

The group is led by two trained parents, who have a wide range of experience in working with children and families.

Funding for childcare may be available for children requiring care whilst you attend the group.

To find out what groups are scheduled, please contact the parenting team via bsmhft.parenting@nhs.net providing your name and address. <https://www.solihull.gov.uk/children-and-family-support/parenting-support/being-a-parent>





CPCS

THE CENTRE FOR
PARENT & CHILD
SUPPORT

NHS

South London
and Maudsley
NHS Foundation Trust

Being a Parent

Helpful strategies for family life



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Workshops are designed to give Solihull parents and carers a better understanding to support their child's mental health.

What is mental health?

This foundation workshop is delivered virtually via Microsoft Teams, covering a range of themes including:

- ▶ what is mental health?
- ▶ common mental health challenges
- ▶ preventing mental health difficulties
- ▶ recognising risk and building resilience
- ▶ promoting well-being

An additional themed session is also offered:

- ▶ focus on anxiety, depression and low mood

Further themed sessions are currently in development based on parent/carer feedback from previous sessions.

To find out what groups are scheduled, please contact the parenting team via bsmhft.parenting@nhs.net providing your name and address.



<https://www.solihull.gov.uk/Children-and-family-support/parenting-support/mental-health-awareness-workshops>



For parents and carers of children aged to 2 to 16 years.

The **Understanding your Child** group offers parents and carers the opportunity to learn more about their parenting, how children develop and begin to understand their behaviour.

Evaluation of previous groups has shown they have helped to reduce parental anxiety, enhance the parent/child relationship, and improve their child's behaviour.

Issues explored include:

- ▶ having fun together
- ▶ development needs
- ▶ behaviour difficulties
- ▶ communication
- ▶ parenting styles
- ▶ sleep

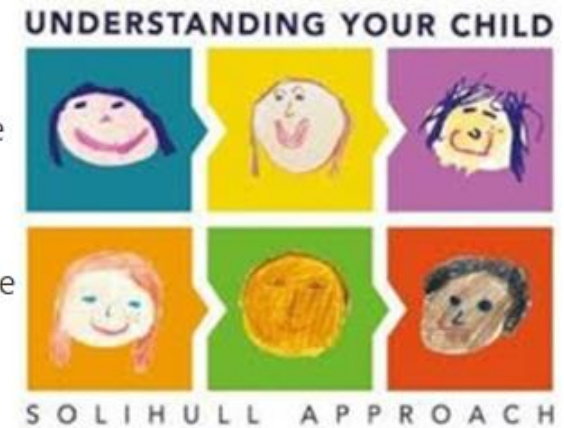
The group is led by two trained facilitators, who have a wide range of experience in working with children and families.

Groups are held during each school term, running for 2 hours, once a week, for 10 weeks and are completely free of charge.

Funding for childcare may be available for children requiring care whilst you attend the group.

To find out what groups are scheduled, please contact the parenting team via bsmhft.parenting@nhs.net providing your name and address.

<https://www.solihull.gov.uk/children-and-family-support/parenting-support/understanding-your-child>



For parents/carers of children with a diagnosis of autism or awaiting assessment.

Autism West Midlands offer a range of workshops and groups delivered as webinars during each term including:

- ▶ Understanding Autism: 2 hour workshop
- ▶ Rising to the Challenge: 6 week group made up of the following modules:
 - ▶ Autism as a Spectrum
 - ▶ Autism and Communication Differences
 - ▶ Autism and Social Differences
 - ▶ Autism and Sensory Differences
 - ▶ Autism and Anxiety
 - ▶ Autism and Behaviour
- ▶ Autism and The Teenage Brain: 2 hour workshop
- ▶ Autism and Sleep: 2 hour workshop
- ▶ How Autistic People Process Information: 2 hour workshop

All these events are bookable via the [Autism West Midlands](https://www.solihull.gov.uk/Children-and-family-support/parenting-support/autism-west-midlands-support) website.

The logo for Autism West Midlands features the word "autism" in a large, bold, dark blue lowercase font. Below it, the words "west midlands" are written in a smaller, dark blue lowercase font.

<https://www.solihull.gov.uk/Children-and-family-support/parenting-support/autism-west-midlands-support>

Book your place now, or find out more by contacting Solihull Parenting Team at:
bsmhft.parenting@nhs.net
or book via the Eventbrite QR code below:



bsmhft.parenting@nhs.net



ANY QUESTIONS?

We are also always here to offer support and advice. Feel free to contact your child's class teacher, Mrs Hume or Mrs White via the school office: 0121 705 8652 or office@damson-wood.solihull.sch.uk