

WELLNESS

Home Life

Hello from your Wellbeing team, December 2022

Once again, another term has ended and the children have all done so well. Please take time this half term to make sure you relax, and spend that quality time with family. With Christmas just next week, we are going to need all the energy we can get. Myself (Mrs Taylor), Mrs Brooks or Mrs Wood are always here to help with advice or just listen so please do not hesitate to email us on wellbeing@woodton.norfolk.sch.uk for any extra support. We would like to take this opportunity to wish you all a very merry Christmas and we look forward to seeing you all in the New Year.

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| **A thought****Kindness begins with understanding that we all struggle.** |

**Families in hardship and needing wider support**

In addition to the offer of FSM vouchers for eligible families, there is support available for families who are facing hardship and need support.

Anyone experiencing hardship may be able to receive support through the Norfolk Assistance Scheme (NAS), which may be able to provide support for food, fuel, clothes and other essential household items to families experiencing hardship. Wider support from a range of partners can then also be made available with NAS working alongside the Children’s Services Community and Partnerships service.

Families may get in touch with NAS via their dedicated website which includes an online application form at [Norfolk Assistance Scheme - Norfolk County Council](https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme) or if they cannot access the internet, they can call 0344 800 8020.

Support for families:

Parents reaching out (Children 11-16): parents@kooth.com

Point 1: Support for young people and their families – 0800 977 4077 or point1-support@ormistonfamilies.org.uk

Early Help hub: South Norfolk – 01508 533933

Norfolk Just One Number – justonenorfolk.nhs.uk or 03003000123

Pupil Premium – PP is funding to improve education outcomes for disadvantaged pupils in schools in England. This funding can pay for school equipment, trips and school dinners. If you would like to see if you are eligible, please follow the guidance in this link <https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk>

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| Why labelling feelings is so importantHelping children put their feelings into words can help them navigate strong, negative emotional experiences. We tend to keep it simple when talking about feelings with young children and may often stick to the basics, such as angry, happy and sad. Once our children have mastered that, we can move on to a bigger variety of emotionally descriptive words. We can increase our child’s understanding of a bigger expanse of feelings by broadening the terms we use.Brave Cheerful Worried Joyful Frightened CalmExcited Confused FrustratedCurious Friendly Shy Ignored Lonely InterestedProud Embarrassed Jealous Angry BoredSurprised Silly UncomfortableStubborn Safe Relieved PeacefulOverwhelmed Loving Cranky |

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| **Child Mental Health and Wellbeing**Maintaining good mental health is just as important as having a healthy body. It affects the way children think, feel and act. As a parent or carer, you play an important role in promoting your child’s mental health and recognising when there may be early signs of difficulties.Here are 10 Top Tips for you to help promote good mental health;1. Connect with your child everyday – Try to make time every day for an activity where you can connect with your child without distractions that enables comfortable conversation. We all lead busy lives, but doing an activity like this together will offer your child the opportunity for them to feel secure and express how they are doing/feeling;
2. Have quiet time together – This is a great way to connect with your child and takes no planning! Uninterrupted quiet time provides an ideal environment for your child to focus and build their attention span. When things are overwhelming, quiet time can help your child reset their thoughts and avoid behaviour escalation to meltdowns.
3. Praise your child when they do well – Recognise efforts as well as achievements – praise the small steps. For example, say your child has difficulty sitting quietly and calmly at the dinner table. Although desired, it would be unrealistic to initially expect them to do so for half an hour. So small steps might be praising that they achieved 5-10 minutes. At the next meal this could be built on by reminding them of their previous achievement and setting a new goal of 15 minutes, this can also apply to schoolwork.
4. Foster your child’s self-esteem - Self-esteem is how they feel about themselves, both inside and out. Children with good self-esteem generally have a positive outlook, accept themselves and feel confident. Fostering self-esteem includes showing love and acceptance, asking questions about their activities/interests and helping them set realistic goals.
5. Actively listen to your child – That is really listening to what they are saying and how they are feeling. Often the way children feel may seem unrealistic disproportionate to adults but remember, children do not have the wisdom of experience and they may need help and direction to make sense of situations and feelings. Try to answer your child’s questions and reassure them in an age-appropriate manner. Whilst you may not be able to answer all their questions, talking things through can help them feel calmer.
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| **Just a thought;****Reassuring your friend that their feelings are valid, and that they are not alone, can be the most impactful way to support them if they are struggling.** | **The simple things;****When you notice your mental health declining, do one small thing that brings you peace. Take a shower, text a loved one, step outside. One little step is all you need to remind yourself that this is not permanent.** |

**Brain Fog**

We can all get brain fog at some point, even our children.

It feels impossible to learn or retain new information.

We can have loss of communication skills and sentences are hard to form.

We can’t think straight or concentrate on anything.

Our reaction time is slowed down. We can’t finish tasks as fast as we normally can.

We struggle to remember anything (appointments, names, faces, past memories, knowledge)

These symptoms do not last forever.

**Tips to help combat brain fog**

* Limit screen time (tv,phone, computer)
* Regular exercise (30-60 minutes a day)
* Get enough sleep (7-8 hours per night)
* Eat heathly foods and drink water
* Avoid alcohol
* Clear your head (meditation, journaling)
* Exercise your brain (reading, puzzles etc)
* Avoid multitasking
* Get sun and vitamin D

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| **Give yourself permission**It is very easy, as a parent or carer, to prioritise the needs of your family and others ahead of your own wellbeing. However, taking time for yourself is not selfish. Everybody needs space to unwind and relax, and giving yourself, permission to take some time to recharge your batteries means that you will hopefully have more energy and patience to meet the needs of your family. Start by trying to give yourself 10 minutes each day where you can just sit down, have a cup of tea and take a breather. **Being kind to yourself**We all struggle at times, maybe more so over the last year. We can put so much pressure on ourselves to do our best and sometimes feel that maybe our best is not good enough. If this is happening, it can help to have a think about how you ‘talk’ to yourself. We are sometimes so hard on ourselves in our own thoughts than we would be to anyone else we speak to. Imagine that it is a friend who is in your situation right now instead of you. How would you comfort them? How would you encourage them? We need to talk to ourselves more positively. **Make a to-do list**At times, you might find that your ‘list of things to do’ can build up. This could be general errands, shopping for vital items, or general admin. If these tasks are weighing on your mind, compile a to-do-list that you can tick off as you go along prioritising those activities, which need to be done that day or week. This includes setting aside quality time with your children and time for yourself. Just seeing everything written down may help make things seem more manageable and identify things, which really aren’t urgent. And remember it is fine and healthy to sometimes have a downday.**Ask for help**Asking for help from others can sometimes feel as if we’re failing as a parent or carer but parenting can be tough and reaching out for support is nothing to feel ashamed of. Whether it’s minding your child for a short time to allow you to get things done or running a small errand for you, friends and family will often be happy to help and children a dn young people can also benefit from knowing there are other trusted adults in their life that your family can turn to. Depending on the age of the child, you can also ask them to complete age-appropriate tasks to help around the house to relieve you of some of the everyday tasks.**Maintaining energy levels**Looking after physical health can have a positive impact on your mental and emotional wellbeing. A healthy and balanced diet can help how you feel physically and avoiding certain foods can help if you’re feeling low or anxious. Regular exercise doesn’t need to mean running long distances but may include regular walks, sit-down yoga or visualisation.**The importance of Sleep**Balanced sleep is really important for good mental health, but it can also be a really useful self-care tool for when you need a break to get away from your thoughts or situation for a bit. Trying to establish good sleep routines for your children can be the first step to giving you time at night to relax and allow you to get a good night sleep for yourself. This may be harder with babies and infants but even with older children you may benefit from allowing yourself a power nap in the daytime whilst they are at school. |

**Importance of Self-Care**