

Children's Mental Health Week 2021

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- Know how to spot the signs**
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- Talk to your child**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.
- Create structure and routine**
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- Give children a sense of control through information**
Look online with your children to find useful information and resources that help children feel they have control.

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- Keep children learning**
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- Limit screen time and mix up activities**
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- Help your child manage stress**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.
- Expressing feelings doesn't have to be face-to-face**
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'Feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

Questions I wish my parents had asked me

YOUNG MINDS
#Take 20

Who are the people you feel safe with?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

If you could change anything in your life what would it be?

What difficulties are you facing now?

What can I do to help?

I can tell that you really like "insert video game/app/tv show/fossil collection", what about it do you love so much?

Where is a place you feel safe?

Do you have any worries about starting a new school?

What are you most looking forward to this week?

It's okay to keep stuff private, but did you want to tell me more about "insert subject"?

How are you coping since your dad died?

What are you worried about when you lie in bed and can't sleep?

What are you most dreading this week?

How do you feel about things changing?

Is there a lot of picking on people at your school?

Is there anyone who is upsetting you?

How do you feel about growing up? What's exciting, what's scary?



[Oak Children's Mental Health Week 2021 Virtual Assembly](#)

Place 2Be video to support children's mental health...

[Draw Your Feelings](#)

Useful websites

- <https://www.place2be.org.uk/>
- <https://www.childrensmentalhealthweek.org.uk/>
- <https://www.bbc.co.uk/teach/childrens-mental-health-week/zk37bdm>

Place 2Be video to support children's mental health...

[Squiggle Game](#)

There are lots of videos and activities on the BBC website...

[Children's Mental Health on the BBC](#)

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



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



Encourage journaling and diaries.



Find social groups that help them feel like they belong.



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.

