

Keeping children safe is everyone's responsibility



## Safeguarding Tip of The Week

### Children's mental health

#### Getting mental health support for your child

- Speak to the GP if your worried about your child's wellbeing.
- We are happy to help here at school
- Ask about a referral to CAMHS
- There are lots of other sites that can help and offer a lot of advice

<https://www.youngminds.org.uk/parent/> , <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>, <https://www.childline.org.uk/info-advice/your-feelings/#explore>

### IT IS OKAY TO

- MAKE MISTAKES
- NOT BE OKAY
- HAVE HARD DAYS
- BE YOURSELF
- NOT KNOW IT ALL
- ASK FOR HELP
- START OVER
- NEED MORE TIME

### Self-Care & Mental Health for Kids

Share your own feelings to encourage self-awareness. 

Find social groups that help them feel like they belong. 

Set aside time for low-stress or solo activities. 

Practice self-care for yourself to set the standard. 

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

Encourage journaling and diaries. 

Encourage your child to focus on the moment. 

Establish a self-care routine. 

Recognize toxic stress events. 

BlessingManifesting Cultivate interests and hobbies. 



### Calming Strategies

- Take a deep breath
- Listen to calm music
- Drink some water
- Hug a cuddly toy
- Read a book
- Count to 10
- Play with Playdough
- Sing a song
- Blow bubbles
- Practice a yoga pose
- Build a block tower
- Draw a picture