

Parent and carer wellbeing newsletter

Dear Parents and Carers,

We understand that caring for a child or young person can be tough, even more so during these challenging times. However, we are aware that you may not know where to go if you think you need some support. You don't have to go through this alone and there is a lot of support available. We have chosen some resources we feel are particularly useful to help you look after your own mental wellbeing and help you support the wellbeing of your child.

HELPLINES



Parents Helpline: 0808 802 5544
Website: www.youngminds.org.uk
 @YoungMindsUK

[Free parents helpline](#) for advice, emotional support and signposting about a child or young person up to age 25.

Call FREE on **0808 802 5544** from **9.30am – 4pm, Mon – Fri**

[Barnardo's COVID helpline](#) supports **Black, Asian and Minority Ethnic** young people and families to talk about worries and problems.



They provide emotional support, practical advice and signposting to other organisations who can provide further help.

Call: **0800 1512 605** (open 1pm – 8pm Mon to Fri)

LOOKING AFTER YOUR WELLBEING

Look at the [emotional wellbeing page at Islington Council](#) for information and signposting on topics:

- looking after yourself
- managing your children's worries and anxieties
- coping with illness and bereavement



5 WAYS TO WELLBEING



[The NHS 5 steps to wellbeing](#) has advice you can take to improve your wellbeing and help you feel more positive.

[Good Thinking](#) is a service which provides support for mental health problems affecting families. Whether you have a mental health condition yourself or if you want to help your child deal with anxiety, stress, sleeping problems or low mood, there is lots of support available.



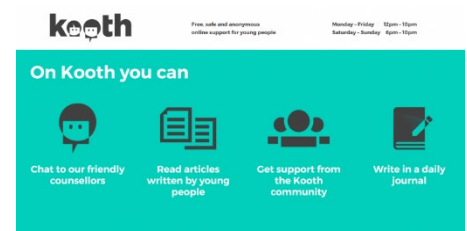
SUPPORTING YOUR CHILD'S WELLBEING

Young Minds have tips, advice and information about [supporting your child and their mental health during the pandemic](#) including home schooling advice and dealing with challenging behaviour.



Try looking at the [NHS every mind matters campaign](#) with your child. It promotes **mental health and self-care** tips for young people. There are videos on **exercise, sleep** and how to take care of yourself on social media. It also includes signposting to further support

If your child needs more support they can try [Kooth](#) which is a **free** online counselling and emotional wellbeing support service to **support young people** in Islington aged 11-19. Counselling is provided by a professional team of qualified counsellors and emotional wellbeing practitioners.



Managing your child's anxieties and worries – for Parents and Carers

It is normal during these uncertain times for children, young people and parents to be anxious. Here are some ways to manage your child's worries and anxieties:

- **Check in and normalise:** Talk to them about it and how it is making them feel. Make sure to keep explanations developmentally appropriate and let them know that their feelings are okay.
- **Limit media intake on coronavirus:** seeing or hearing about the pandemic repeatedly and how it is constantly evolving. [The Child Mind Institute](#) has useful advice on this.
- **Coping Skills:** Try online resources to teach children skills like mindfulness and breathing exercises for when their worries feel out of control. [Chill Panda](#) is one example being tested in the NHS. Here are two other relaxation and breathing exercise videos: [video one](#), [video two](#).
- **Help children manage uncertainty:** Show children in your words, and in your actions, that tolerating a degree of uncertainty is okay, and that sometimes we just can't know.
- **'Worry time':** For children who seem to be spending a lot of the day worrying, or coming to you repeatedly with worries, set aside a small amount of time a day (e.g. 5-10 minutes) where they can share their worries with you. Listen and talk through these with them. If they try and talk about them before this, remind them to save it for worry time. Saving worries for later will show your child that nothing bad happens when they don't worry.
- **Routines:** Having a routine will help children to cope with the huge changes and will support them in managing their worries.
- **Spend quality time with your child:** Have fun with your child. This will help everyone to feel good.
- **Focus on the positives/things you can control:** Teach children to focus on the things they can control, such as telling family they love them, drawing a picture or writing a letter/email to a friend they have not seen in a long time. Remind them of the practical steps they are taking to stay safe, such as washing hands and social distancing. Focus on the positives and encourage positive conversation. This can have a big impact on shifting negative moods.