



Supporting your child with their Wellbeing at home



# Introduction to Parents



Dear Parents

Many of you approach us to ask for advice on how you can best support your child with their wellbeing at home. We've put together this guide which we hope you'll find helpful. It outlines several strategies that you can use, and organisations who can provide additional help. It also provides information about what we do as a school and how your child can access additional support should they need it.

Support from Surrey CC

Surrey have acknowledged that there is an increased need for additional wellbeing support for young people in our area. They have put together an excellent website called [Mindworks](#). Not only is it full of excellent resources it also provides the opportunity for parents to request additional help for their child. It includes:

Information on the services they offer.

- This includes courses for young people and/or their parents / guardians.
- Information, help and advice.
- An 'ask for help or support' section where you can request additional support for you child.

There is also lots of information on the THRIVE framework which they have recently implemented and something we have adapted for our school. This is a valuable resource and something I would encourage you to access as a starting point.

<https://www.mindworks-surrey.org/about-us/our-new-approach>

Surrey Wellbeing Partnership

<https://www.mindworks-surrey.org/our-services/building-resilience>

Additional Resources on Resilience

<https://raisingchildren.net.au/pre-teens/development/social-emotional-development/resilience-in-teens>

**Mindworks**  
**Surrey**



# The importance of Resilience

Resilience is an essential quality for students to have and is something that can be developed! However much we try to protect our children, they will face everyday challenges. It is important that they learn the skills to navigate these challenges, but also that they learn to be adaptable and to 'bounce back' when needed.

There are a number of things you can do to help your child develop their resilience:

**Do not expect them to be perfect** – Everyone makes mistakes or finds themselves in situations they didn't expect. Be rational, how much of an issue is it and can it be resolved?

**Encourage them to be more independent** – If they are facing a challenge, don't try to solve it for them! Talk the issue through and encourage them to come up with their own solutions. They may need a little guidance but it is important that they have the opportunity to solve it themselves if they can.

**Share your experiences with them** – Children find it really helpful if you can give them examples of when things haven't gone as planned and how you overcame them. They need to know that you didn't just give up!

**Encourage a growth mindset** – This can either be by encouraging your child to try new things or through use of language. 'I can't do XXXX yet' is much better than 'I can't do XXXX'

**Healthy 'struggle time' is important for children?**

-Many children give up if they cannot do something immediately, or as parents, we try to step in and help too soon. Children need to learn that there are a number of ways to do things and if the first approach doesn't work, they can then try something else.

WELLBEING  
PRACTITIONER  
SESSIONS

COMMUNITY  
WELLBEING  
TEAMS

MENTORING

YOUTH  
COUNSELLING  
SERVICE

SMART  
SCHOOLS

HIDDEN - LIVE  
PERFORMANCE  
ABOUT RECOVERY  
FROM SELF -  
HARM

BUBBLE  
GROUPS

YOUTH  
CAFES &  
COMMUNITY  
GROUPS

SUPPORT  
FOR PARENTS,  
CARERS &  
FAMILIES

EMOTIONAL  
RESILIENCE-  
GROUP WORK

SMART  
MOVES

HIGH  
HOPES!

ONLINE & SCHOOL  
- BASED DRAMA  
PERFORMANCES

CYP  
HAVENS

COUNSELLING  
& THERAPY

SCHOOL  
TRANSITION  
COACHES

HEADS  
UP!

TOGETHER  
ALONE  
FILMS

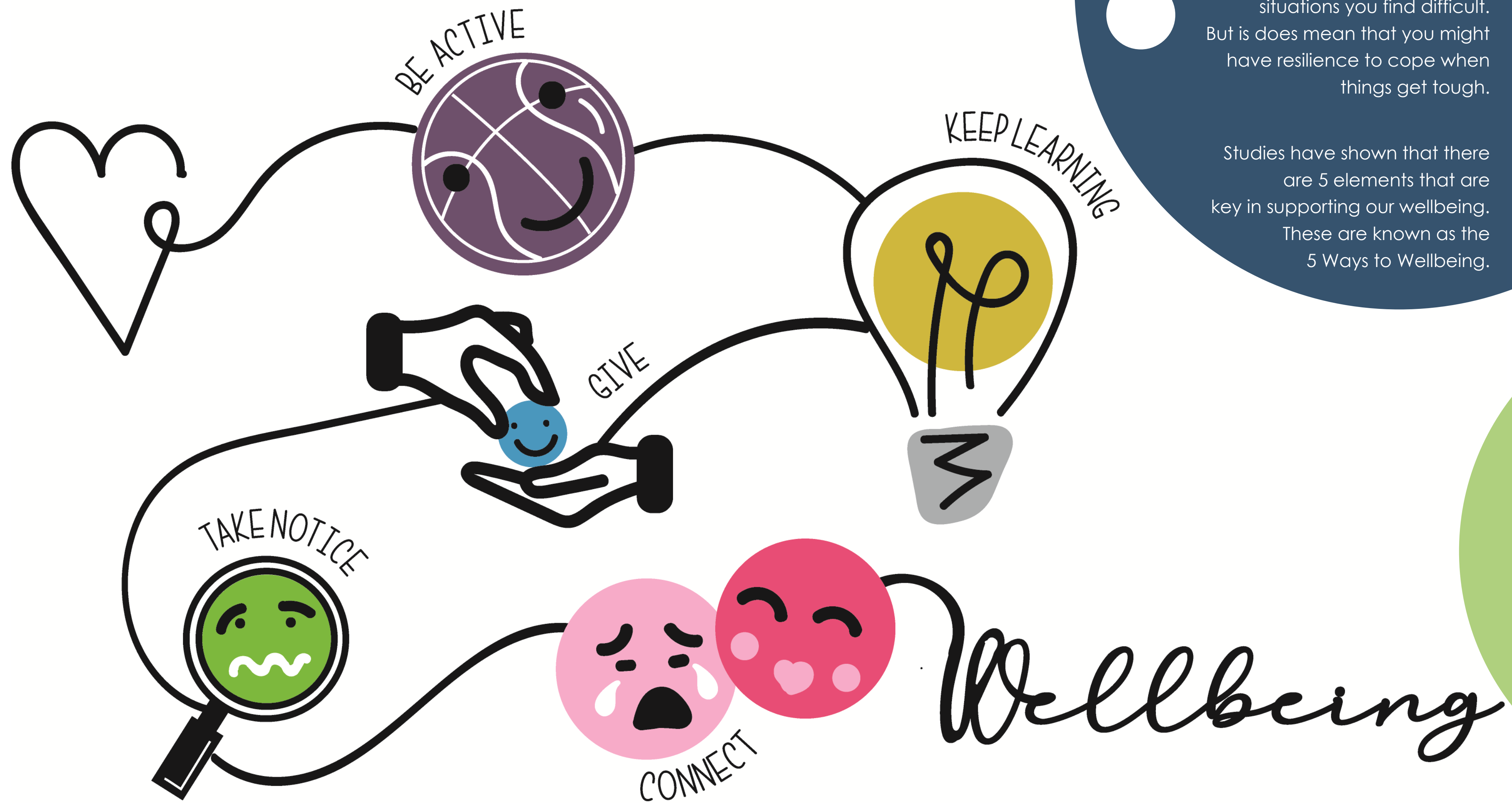
FAMILY  
VOICE &  
YOUTH  
VOICE

WAVES  
YOUTH  
GROUPS

YOUTH  
SUPPORT  
SESSIONS

HEAD  
SMART

# Supporting your child: The five ways to Wellbeing



Good mental wellbeing doesn't mean that you will never experience situations you find difficult. But it does mean that you might have resilience to cope when things get tough.

Studies have shown that there are 5 elements that are key in supporting our wellbeing. These are known as the 5 Ways to Wellbeing.



## Be Active

Physical Activity lifts your mood and doesn't always have to be intensive exercise. Encourage your child to be active every day however, this doesn't just have to be taking part in sport. It could also include:

- Walking to and from school
- Chores such as hoovering or mowing the lawn
- Going for a family walk

## Learn

Learning enhances self-esteem and encourages goal setting which helps with a sense of achievement.

It's also a great way to 'connect' with new people or to 'be active' if you're learning something new.

## Give

People who 'give' to others are more likely to rate themselves as happy. This is particularly effective if you do this as part of a community whether that's the school community, your family or the wider community. This also helps to create connections.

## Connect

Social relationships are essential for promoting wellbeing. There is a lot of evidence that states that feeling close to and feeling valued by others is a fundamental human need. Encourage your child to do all the five strategies to achieving Wellbeing.

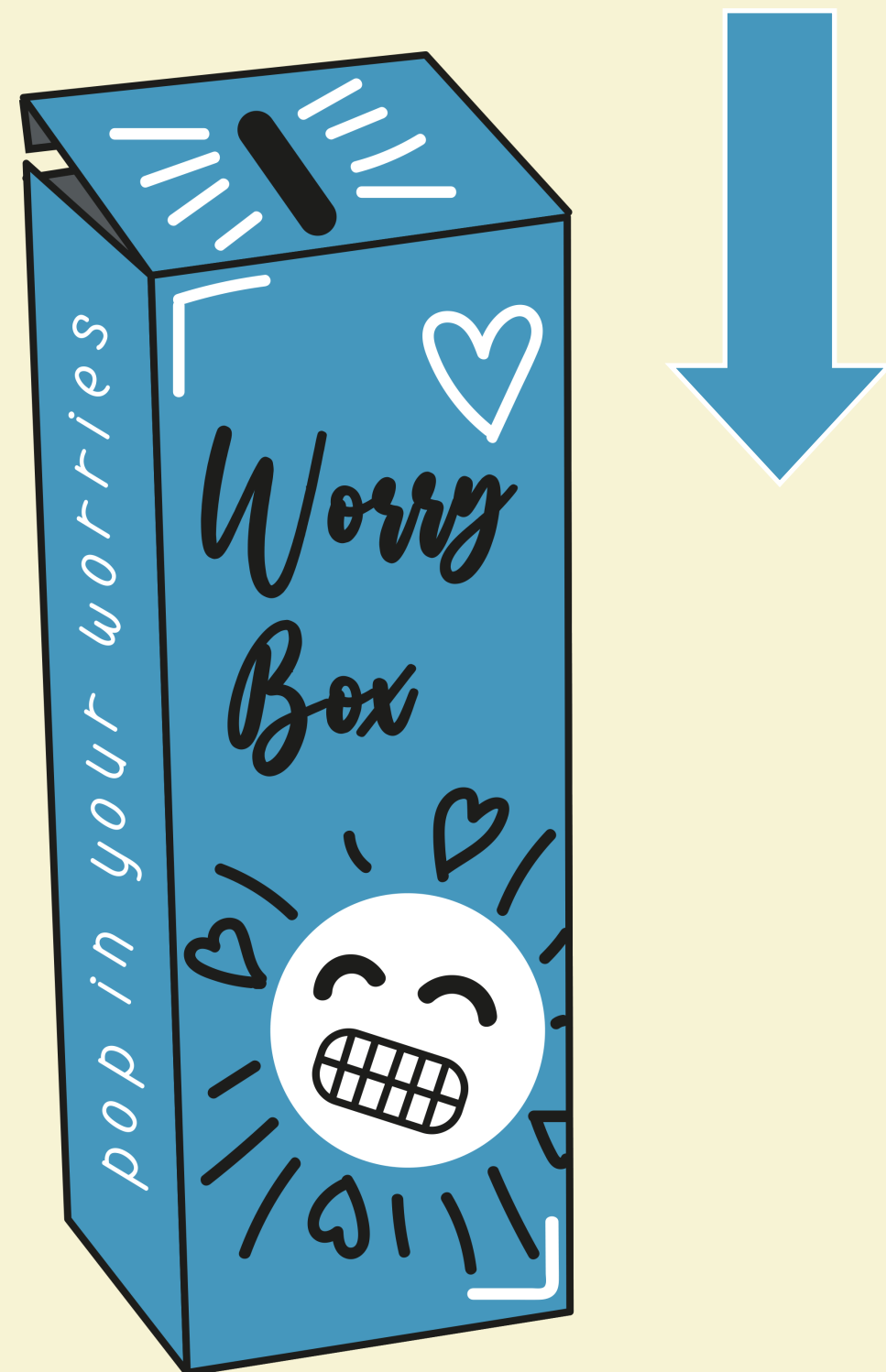
## Take Notice

Try to encourage your child to be more 'present'. This means trying to not worry about what happened yesterday or what might happen tomorrow but to be aware of what is going on at the moment. Many calming techniques that are used to reduce anxiety focus on this.



# Supporting your child : The Power of Prayer

As Christians, we understand the importance of prayer in our daily lives. Prayer can be a really effective tool in helping your child when they are worried or have thoughts racing through their head. Taking a moment to be still and calm and to pass your worries onto God can give children a huge sense of relief.



Fr Peter once said that praying when your anxious about something is like putting your worries into a box. You give your worries to God and he looks after them, providing you with peace until you are either ready to take them back or they've gone. This is particularly effective just before bed.

## Other Ideas to support you and your child:

This site has some very simple prayers to pray when experiencing anxiety:

<https://findinggodamongus.com/short-prayers-for-anxiety/>

Truths about who we are can combat poor self-image / worth / belief.

**You are God's masterpiece.**

(Ephesians 2:10).

**You are chosen, handpicked by the God who created the universe.**

(Jeremiah 1:5)

**You are treasured.**

(Deuteronomy 7:6 14:2, 26:18)

**You are irreplaceable.**

(1 Thessalonians 1:4)

**You are loved beyond compare.**

(1 John 4:19, 4:10, 3:16)

**You are God's child.**

(Galatians 3:26)

Gratitude has been proven to lift our spirits – starting a gratitude diary or even making notes on a phone can help – finding inspirational stories on YouTube is also a good way of gaining vision in the midst of struggles.



*Thank you God for my family*

*Thank you God for my friend*

*Thank you God for having a roof over my head*

*Thank you God for food on my table*

*Thank you God for shoes on my feet*

*Thank you God for music*

*Thank you God for freedom*

*Thank you God for education*

*Thank you for ...*

# Breath prayers

Breath prayers combine deep breathing exercises with prayers of meditation on Gods Word to help calm your body and focus your mind on truth.

## Why breath prayers?

When you are feeling anxious or panicky, the sympathetic nervous system kicks in, increasing your heart rate and triggering rapid, shallow breathing that can lead to hyperventilating. Deep breathing exercises help engage the parasympathetic nervous system, slowing your heart rate and breathing, and helping you to calm down. Breathing is the bridge between the brain and the body. Your breathing is in part dictated by your thinking. Focusing on negative thoughts and worries can increase anxiety, but by turning your thoughts to Truth, you can calm your mind, shift your focus and "let God transform you into a new person by changing the way you think."

(Romans 12:2)

## How to do breath prayers:

Inhale & exhale very slowly as you recite the words of each prayer to yourself. Breathe in deeply & slowly through your nose & feel your lungs fill completely. Try to focus on filling your lower lungs (your diaphragm) so that your stomach expands while your upper chest remains still. Then slowly breathe out. The exhale should be the longest. Empty your lungs slowly & fully. Meditate on the words of the prayer as you breathe. Repeat at least 10 times. Optional: hold your breath for a count of 3 between the inhale and exhale.

Try this breathing pattern:

Inhale for a count of 4, Hold for 4, Exhale for 8





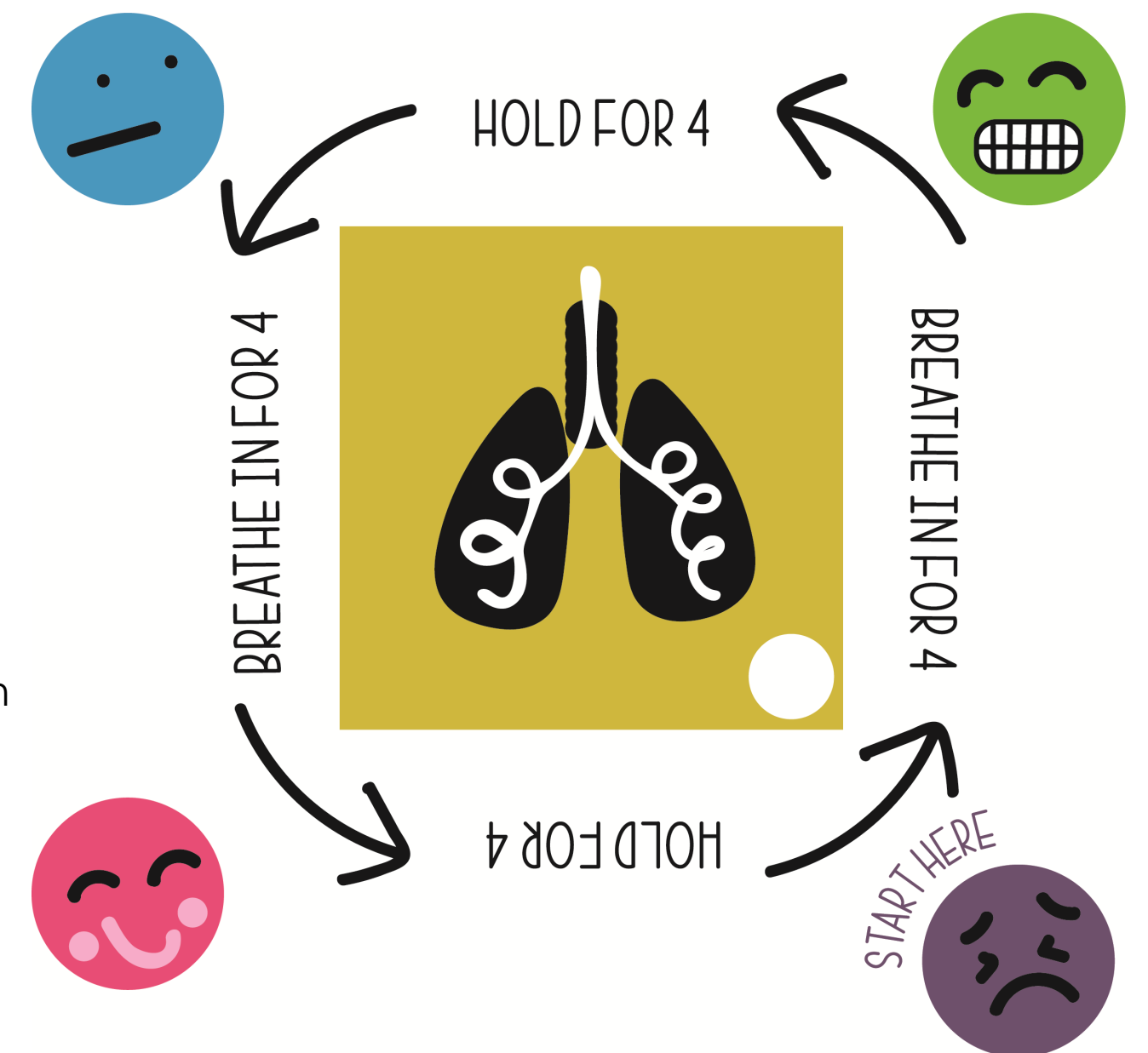


# Supporting your child : Other ideas

If your child is feeling worried or overwhelmed, there are a number of techniques you can encourage them to use:

## Square Breathing

Ask your child to find something square in the room (or picture a square in their head). Get them to breathe in as they follow the first side with their eyes, out as they follow the second line and so on. This can be repeated as many times as necessary to help them feel calm.



## The 5 4 3 2 1 technique

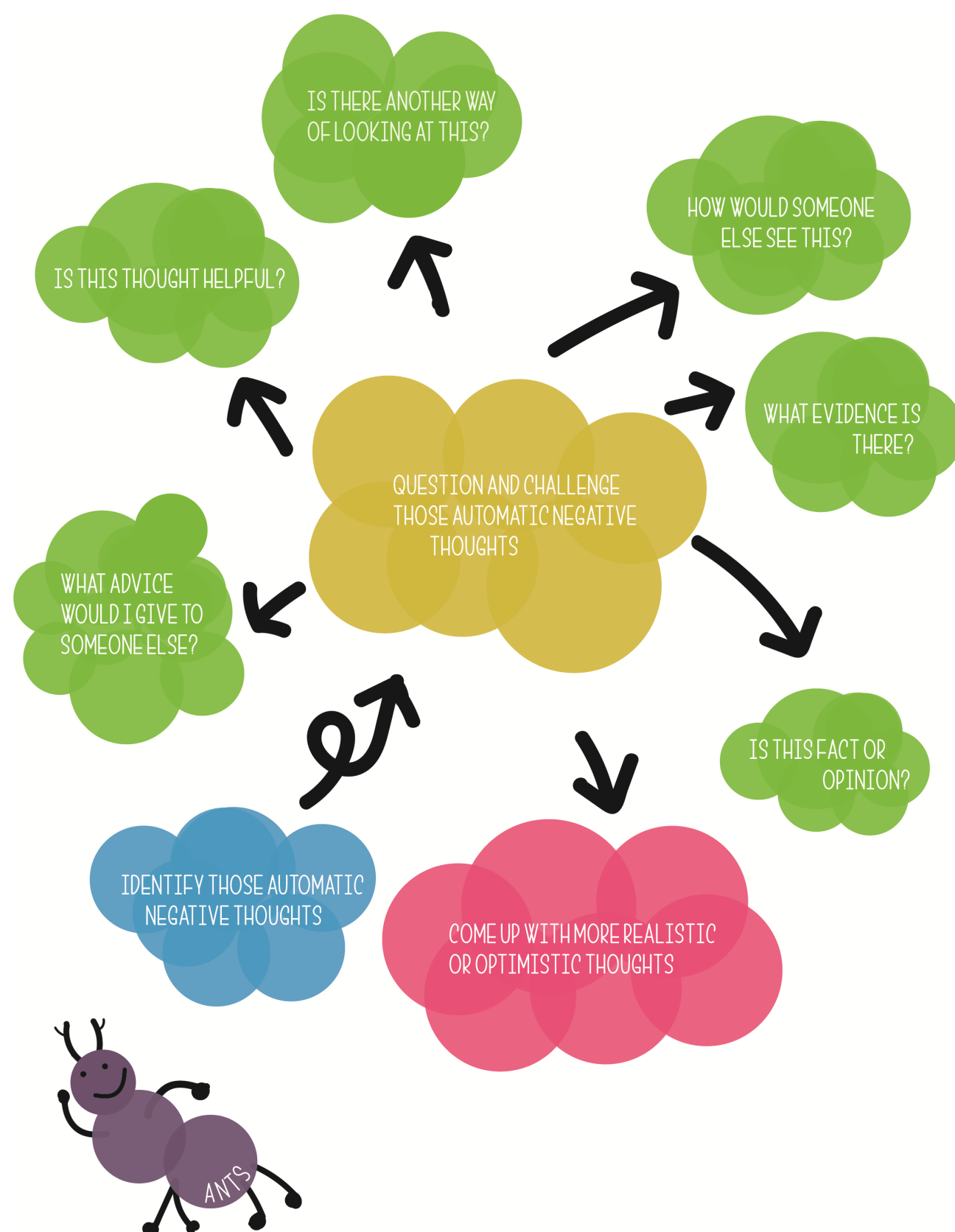
This is a useful technique to help your child to take notice of their surroundings and to calm down. Ask your child to:



# Supporting your child : Other ideas

## Thought Challenging

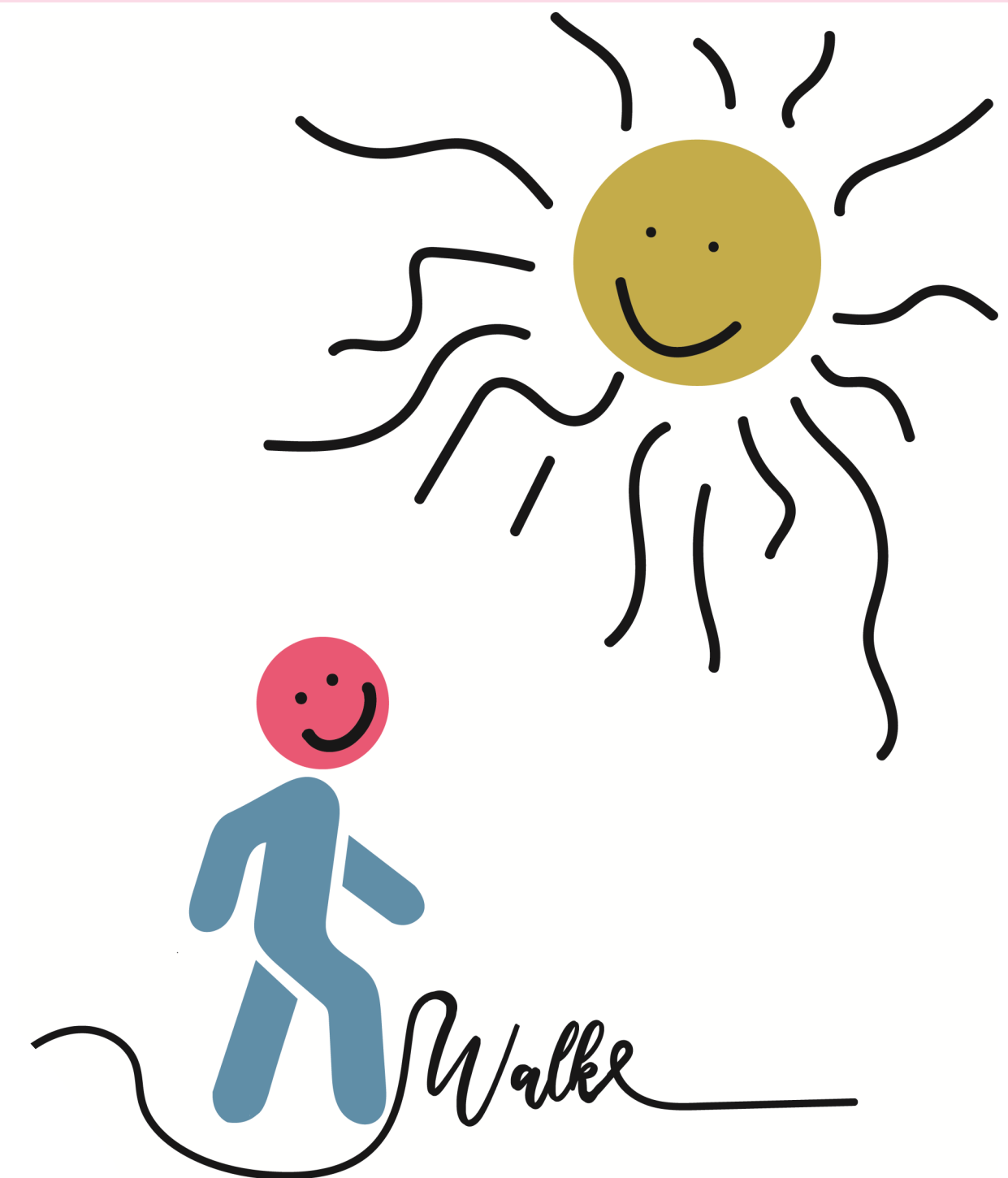
Sometimes your child may become overwhelmed with negative thoughts. It can be helpful to try a thought challenging exercise with them. The following questions might help you to work with them in challenging their negative thoughts:



## Getting creative

Research has found that being creative can boost self-esteem and provides a sense of accomplishment. It can help to produce dopamine, which makes children feel good, and improves concentration. There are a range of activities you can try with your child; some great ideas can be found here:

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/activities-from-the-art-room/>



Finally, when we ask the children what they feel helps them maintain their Wellbeing, they often say that its quality time with the people in their support network. They want time to talk and to share their feelings and concerns. Getting a young person to open up can be tricky so here are two methods that parents have found helpful in the past:

- Go for a walk – some young people find movement calming and are more likely to open up while moving.
- Take them out in the car – they don't have to make eye contact with you (which some struggle with), and there are no other distractions. They can't go anywhere else either!

# Additional Wellbeing Resources

If you are concerned about your child's wellbeing, there are a wide range of organisations who can help you. It is also important that you get in touch with your GP who can also provide additional support and resources. Below are some links to websites that provide support and advice to parents and students.

Mindworks is the new service set up by Surrey CC. It has an excellent website offering a range of services and information. It includes information on CAMHs and how to access additional support for your child.

<https://www.mindworks-surrey.org/>

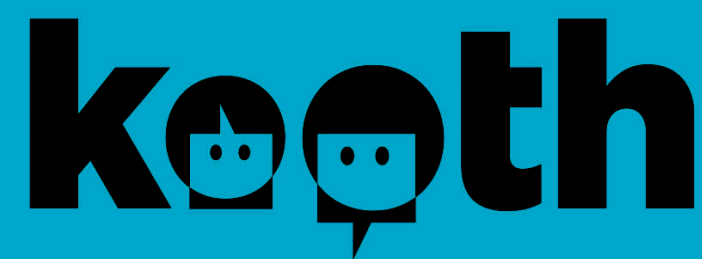


Young Minds are an organisation who specialise in working with young people. They have a wide variety of resources on their website which cover a range of topics.

<https://youngminds.org.uk>

**YOUNG MINDS**  
fighting for young people's mental health

Kooth are an online service who provide digital support to young people who are experiencing issues with their mental health. They provide articles, wellbeing ideas and online community support.  
[Home - Kooth](#)



Childline has a wide range of resources which provide information to help your child understand how they might be feeling. They also offer a range of ideas of things that can be done to support wellbeing.  
[Coronavirus](#) | [Childline](#)

**childline**

ONLINE, ON THE PHONE, ANYTIME

MindEd is a website produced by the NHS with a range of help and advice for parents who may be concerned about their child's mental health.  
[MindEd For Families](#)

There are links to a wider range of organisations on the Wellbeing section of the school website.



In a crisis situation should you find yourself in a situation where you need URGENT support regarding your child's mental health or wellbeing please use the following services:

Surrey Mental Health Service offer a Mental Health Helpline.

They operate 24 hours a day, 365 days of the year 0800 915 4644.

If you cannot get an appointment with your GP and it is an emergency, take your child to A&E.



# Support we provide in school

In school, we supplement the work you do as parents and carers to ensure the students are happy, healthy and prepared to learn. We have adopted Surrey CC THRIVE framework in the support we offer.

## Thriving

Students are taught about the importance of wellbeing and mental health in their PSHE lessons, in form time and through assemblies. The pastoral team promote the importance of wellbeing and provide information and strategies to ensure students know how to look after themselves and how to access additional help should they need it.

## Getting Advice

Sometimes students need some additional support with their wellbeing. The first step is to provide information and strategies to support your child. All support is co-ordinated via your child's HOY.

## HOY support

All HOYs have had Mental Health Response training so are equipped to provide advice and strategies to your child. They will then pass this information on to you so you can work with your child at home. They can also signpost organisations that can provide additional support.

## Mentoring

We have a number of staff and students who have been specifically trained by our school counsellor as wellbeing mentors. These mentors work with individual students to support them on a regular basis. They offer support, guidance and the opportunity to talk.

## Getting Help

If students are at the stage where they need specific, formal support you should seek professional help via your GP. We can provide additional, short term support but we should not be the only support your child is accessing to ensure their needs are fully met. As I'm sure you'll appreciate, demand for some of our support is high and HOYs along with the pastoral and safeguarding teams work together to ensure everyone who needs help can access it. This doesn't however mean that some students have to wait for space to become available which is why it's vital you are also getting support from outside organisations.

## BEAT sessions

BEAT Sessions and Anxiety and Self Esteem Workshops. We offer a range of small group workshops focussing on specific areas such as Anxiety and Self Esteem. These are a series of sessions looking at strategies to help your child to cope better with the challenges they are experiencing. BEAT sessions are designed to support students who specifically experience anxiety surrounding exams. As a parent you will be provided with the outline of the course and also given information on how to support your child at home once they have completed the course. These sessions are run by our school ELSA (Emotional Literacy Support Assistant).

## ELSA sessions

ELSA sessions are run by our trained ELSA and can see your child for, Loss and bereavement, Self-esteem, Social skills, Emotions, Friendship issues, Relationships, Anger management, Behaviour, Anxiety, Bullying, Conflict and Relaxation techniques, either on a one-to-one basis or in a group, the sessions are once a week during school time ranging from a couple of weeks to an 8-week course. Once the course is complete you will be given a list of the strategies that your child has found helpful so you can continue to work on these at home.

## Early Intervention Mental Health Worker

We are fortunate to have an Early Intervention worker based in school with us one day per week. He is able to see students referred to him via the HOY, on a one to one basis for a fixed period of time. He is able to make referrals on to additional services should he feel it is appropriate.

## School Counsellor

We are fortunate to have a school counsellor based in school on a full time basis. Mrs Swann works with the majority of her students for a fixed period of time while they are waiting for additional, external support. If your child is seeing Mrs Swann this should be in addition to, not instead of, external support. She can provide one to one sessions on a weekly or fortnightly basis. All one to one sessions are confidential to provide that safe space for openness, however, if your child is at risk, to themselves or others you will be notified along with the school's safeguarding team. This includes, self-harming, suicidal thoughts and any form of abuse. At the end of the sessions, Mrs Swann will provide you with information on any strategies your child found helpful so you can continue to support them at home. Mrs Swann is also able to make referrals to organisations such as CAMHs. As I'm sure you'll appreciate there is a waiting list to see Mrs Swann.

## School Chaplain

Mrs Harrison provides support for students who have experienced bereavements or students who are seeking spiritual guidance. She provides a listening ear and an open heart. Mrs Harrison also provides support for young carers and meets with this group regularly.

## Getting More Help and Getting Risk Support

This is where support is passed to outside organisations such as CAMHS who are better equipped to provide the specialist help your child may need. We then work with these organisations to provide ongoing support for your child in school.

## How support can be accessed

Your child is aware via assemblies and form times how they can access support. They know that they can talk to any trusted adult. If that adult cannot help, they can pass on their concerns to their HOY or AHOY. It is the HOY working with the pastoral and safe guarding team, who co-ordinates the support that your child receives. If your child doesn't feel comfortable talking directly to an adult, they all have access to an app called 'here to help' where they can leave a message for a member of the pastoral team who will make contact with them.

If you are concerned about your child or you feel they may need some additional support, please get in touch with your child's HOY in the first instance.

