

# **Support and Well-being Bulletin 5**

Thursday 11th February

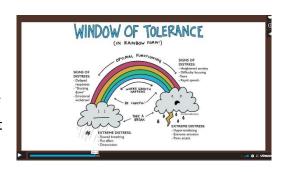
Dear Parents and Carers,

First off, a big well done – you and the children have made it through five and a half very challenging weeks. This latest Lockdown has, for many, been even more difficult to navigate than before, and the strain is perhaps taking its toll. Be kind to yourselves, and each other, and do reach out to see what is available out there to help.

#### **Great video resource**

We are all doing our best in difficult circumstances. This webinar by SAfE (Schools Alliance for Excellence) aims to offer parents and carers some simple but effective hints and tips to make remote learning more manageable.

The video is about half an hour long and contains plenty of practical, realistic and useful information for parents about supporting their own wellbeing as well as that of their children. Strongly recommended.



# Self-care: The 30-30-30 approach

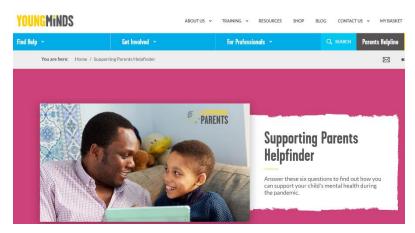
Looking after yourself is one of the best ways to look after your child; think of the old adage about fixing your own oxygen mask first before helping others in an emergency. The 30-30-30 approach is a way to find manageable small-step actions to help yourself feel grounded and restore a sense of calm and control when it's all getting too much. Here are some examples, but please look at the <u>Self-care</u> document on the website for further tips.

30 seconds	3 minutes	30 minutes	
Take a few slow deep	Phone a loved one or friend	Pamper yourself with a	
breaths. Breathe in, count to	for a quick chat. Leave a	luxurious bath, and maybe	
3, breathe out, count to 3.	message if they don't	have scented candles and	
	answer.	soothing music.	
Close your eyes, hold one hand in the other, squeeze gently and repeat 'I can get through this'.	Do a household task, like a quick bit of washing up, cleaning the bathroom mirror or making a bed.	Do 'proper sort-out' of a cluttered kitchen cupboard, drawer, wardrobe or bookcase. Feel the satisfaction of having done something!	
Sit on a chair and focus on the sensation of the chair pressing onto your back and bottom.	Make a hot drink in a mug and sip it slowly, feeing the warmth of the mug in both hands.	Enjoy a TV or radio programme, either a recording of an old favourite or something new.	



### **Support for Parents from Young Minds**

Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual. A mixture of concern about Covid, work from home and children at home, along with a possible financial impact, make for a stressful household.



Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: <a href="https://youngminds.org.uk/supporting-parents-helpfinder/">https://youngminds.org.uk/supporting-parents-helpfinder/</a>

#### Mental Health newsletters, audio guides and courses



The NHS <u>Recovery College pages</u> have a great range of informative newsletters and audio guides designed to help adults with restoring and/or maintaining good mental health.

The newsletters are written in a friendly, accessibly style and the podcasts are perfect for listening to in the car or on a walk.

Furthermore, the Recovery College has a wealth of courses (mostly free) on offer for anyone who is interested in learning about aspects of mental health in greater depth.

## **Young Carers**

A reminder about how to contact the Surrey Young Carers team. Lockdown has been a particularly challenging time for the young carers in our community as school can often provide the break and respite needed from supporting vulnerable siblings and/or parents.

Please get in touch with us any time — here's how to reach us:

Tel 01483 568269 / Email <a href="mailto:syc@actionforcarers.org.uk">syc@actionforcarers.org.uk</a> / Web www.actionforcarers.org.uk

Twitter @SYC\_YoungCarers / Facebook @ActionforCarersSurrey



# **CAMHS Back to School Resource Pack**

This <u>resource</u> remains on our website from July and the information is just as relevant now as we look to return to school after this latest lockdown. As you can see from the contents page, a huge number of areas are covered.

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# **Zones of Regulation**

The children know all about the Zones, as we discuss them in assemblies and in the classroom. They are a useful tool for 'checking in' with your child to see how they are feeling, whilst avoiding confrontational language, i.e. 'Do you think you're in the yellow zone?' rather than 'You're being silly'.

Color	Level of Alertness	Feelings
Blue	Low state of alertness	Bored, tired, sad, disappointed, sick, depressed, shy
Green	Perfect state of alertness	Happy, positive, thankful, proud, calm, content, ready to learn
Yellow	Higher state of alertness	Excited, silly, annoyed, worried, embarrassed, confused, nervous
Red	Too much alertness	Upset, angry, aggressive, mad, too excited, terrified, out of control



Further information on the Zones of Regulation can be found in my slides 'Supporting Your Child's Mental Health' on the <u>S&WB page</u> of the website.

## **Surrey Heath Family Centre**



Further to flyers sent out earlier this term, a reminder that there is a parenting surgery that runs on the fourth Wednesday of every month at 1.30 pm. It is open to all local parents and carers and provides the opportunity to ask questions, seek advice and socially network in a non-judgemental and informal setting.

Meeting ID: 978 4938 2458

Passcode: SHFC

Zoom meeting link:

https://zoom.us/j/97849382458?pwd=aUtFL2RGTEVZdVNySIVWaDBDNmhQdz09

Finally, please visit our <u>Support and Well-being page</u> for further information and previous issues of the S&WB bulletin which signpost a range of different services.

Wishing you all a wonderful half term break.

Kind regards

Mrs Littlewood Inclusion Leader

