



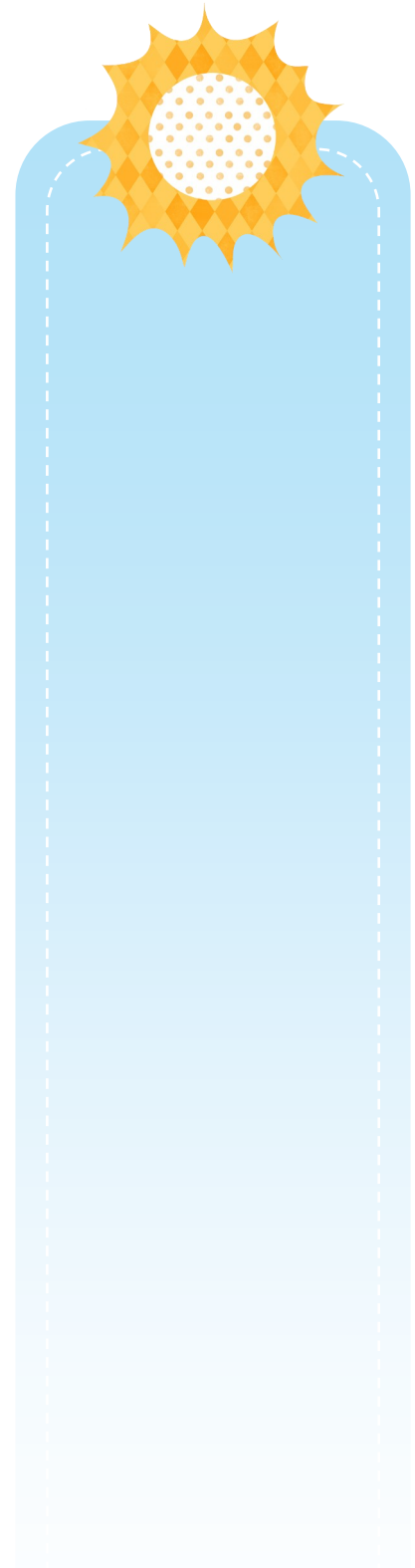
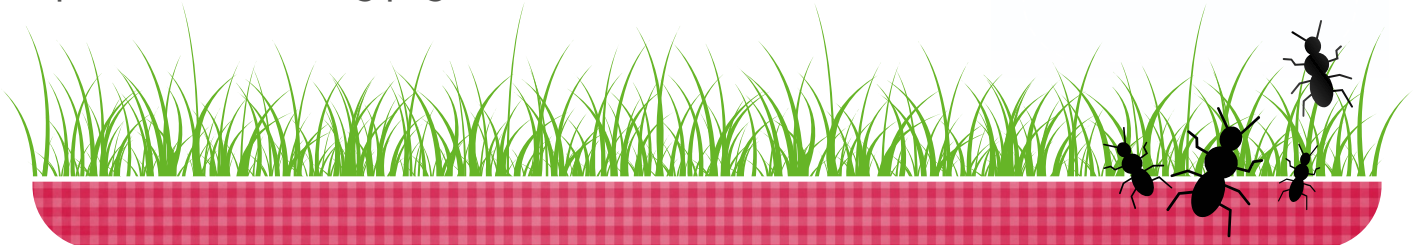
Rushey Mead Primary Parents Well-being Newsletter

During these current times we are all trying to find our own way to deal with the situation. One thing to remember is you are not alone we are all here to support you whether its school, technology issues, mental health or just a chat to a different person . We might not have all the answers but we will do our best to find out and support you.

Questions to ask your child in self-isolation **YOUNGMINDS**

- What could help you to complete your school work at home? Where would you like to work at home?
- Is there anything you want to talk about?
- When was the last time you were very happy?
- What makes you feel calm?
- How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp
- What things would you like to do in the future?
- What difficulties are you facing now?
- What can I do to help?
- Where is a place you feel safe?
- Would it be helpful if we planned each day together?
- Do you have any worries about the coronavirus?
- Where in our home do you feel like you can have your own space?
- What have you enjoyed about today?
- What are you worried about when you lie in bed and can't sleep?
- Can you think of anything fun that we can do at home?
- How do you feel about things changing?
- How do you feel about staying at home?

Its normal for children and young people to feel worried and anxious at the moment. We're all experiencing sudden change to our lives and routines as we continue to live with lots of uncertainty about the coming weeks. Please find some helpful tips on the following page.



Here are five things you can do to help the mental health and wellbeing of your child (Young Minds):

- Talk to your child about what's going on. Find out how they're feeling and what they're thinking about, let them know its okay to feel scared or unsure, reassure them that this will pass.
- Try to answer their questions and reassure them in an age appropriate manner. Remember you do not need to know all the answers but talking can help them feel calm.
- Give some practical tips to your child about how they can look after themselves.
- Spend time doing a positive activity for example painting, cooking or reading.
- Encourage your child to think about things they can do to make them feel safer and less worried.

YOUNGMINDS

Young Minds has a range of other advice you may find useful.

The Young Minds Parents helpline is 0808 802 5544 or go to the website:

www.youngminds.org.uk

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