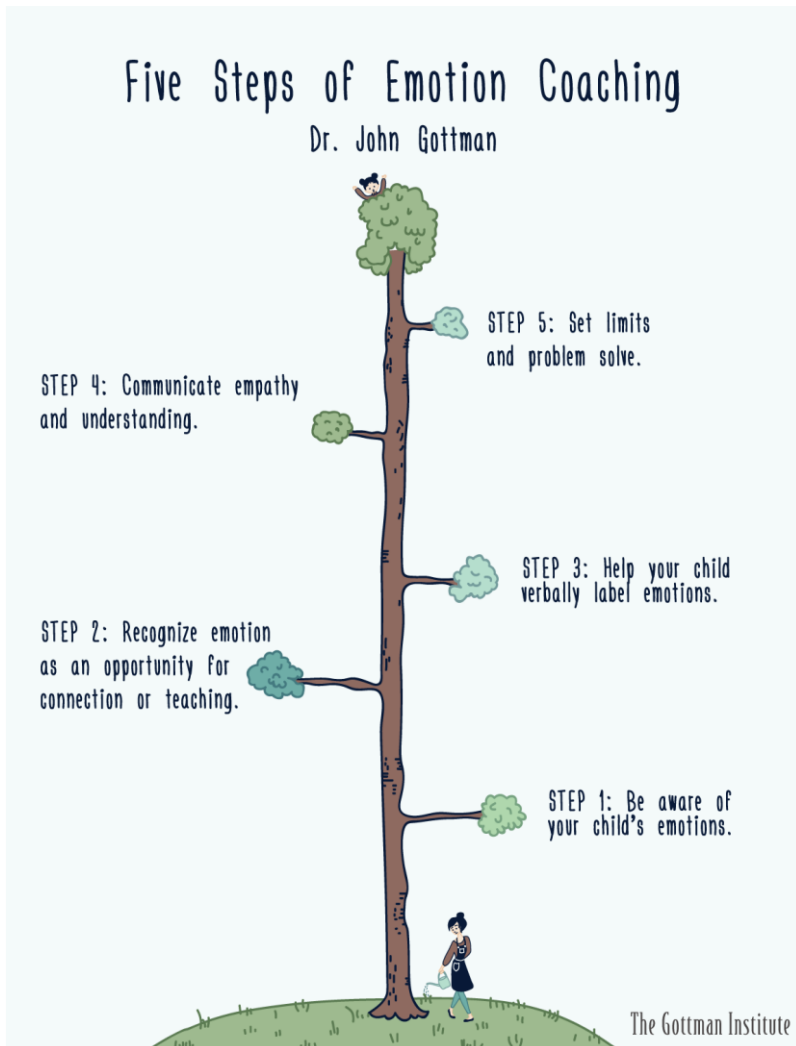


# WELLBEING

Last week was Mental Health Awareness Week (10th - 16th May). As a school, we highlight these events so that everyone, including children, understand that everyone has mental health. In my spring newsletter, I spent some time focusing on what mental health is, explaining that everyone has it and included some tips on how good mental health can be maintained. However, only recently, I spoke to a parent who said that she did not know the right phrases to use when their child is sad and suffering poor mental health. The best words of advice are, it doesn't always matter what you call it, as long as you recognise, listen and validate it.

Here are some steps to helping children with their emotions:



## How to address emotions with children...

**Step 1: Be aware of your child's emotions -**

'I can see you are sad, upset, angry...'

**Step 2: Recognise the emotion with them -**

Children's emotions are not an inconvenience or a challenge. They are an opportunity to connect with your child.

**Step 3: Listen and validate their feelings -**

Give your child your full attention while you listen to their emotional expression. Reflect back what you hear, telling your child you understand what they are experiencing.

**Step 4: Label their emotion -**

I have included an emotion wheel below to help with this.

**Step 4: Show empathy -** 'I can see you are sad, upset, angry and I understand why'

**Step 5: Problem solve together -**

All emotions are acceptable but all behaviors are not. Help your child cope with his or her emotions by developing problem-solving skills. Limit the expression to appropriate behaviors. This involves helping your child set goals and generating solutions to reach those goals. Some emotions cannot be fixed but talking about them can definitely help.

<https://www.gottman.com/blog/strengthen-childs-emotional-intelligence/>

### Emotion Wheel

An emotion wheel will help with Step 4: Label the emotion.... Sometimes the default emotion options for children are limited (Eg; angry, happy, sad, scared). This kind of resource can help children use the right word to express the right emotion. Print this out to refer to or call school to get a copy from the Mental Health and Wellbeing Lead, Mrs Blair.



### Reaside Information



Belle from the Mental Health Support Team is going to do a virtual Worry Workshop with parents on **Monday 28th June at 10:00am.**

Once you have registered interest below, a link will be emailed to the attendees.

<https://forms.office.com/r/Y5xNVLdp2G>

We look forward to seeing you all there!



Annabelle Wellington

As always, resources for children's Worry and Sadness, Anger and Frustration, Self-Care and Resilience, Low Mood, Anxiety and Stress, Anger and Frustration at: <https://bwc.nhs.uk/children> and <https://bwc.nhs.uk/young-people-ybm>

Support for parents own mental health can be found here:

<https://bwc.nhs.uk/parents-and-carers>

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YOU'VE  
BEEN  
MISSED