

Supporting Mental Health and Wellbeing

For further advice on this subject or any of the resources on this page then please get in touch with our SENCo Mrs Nicola Buchan via the school office.

Practical tips to support children's wellbeing and behaviour

Parenting Smart is a hub of short, useful articles written by Place2Be's parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics. There are a combination of short videos and short articles.

There are 43 topics and these include:

- Difficulties at mealtimes
- Sibling rivalry
- Peer pressure
- Safe social media use
- Co-parenting following a separation or divorce
- Arguments and conflicts



[Go to resource](#)

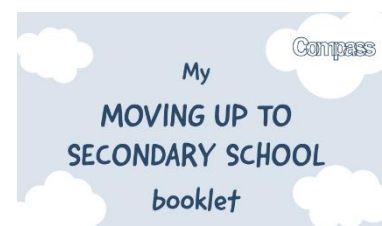
Moving up to Secondary School booklet

This is a booklet for parent/carers to work through with your child to help prepare for the move to Secondary School.

Moving on to secondary school can be a stressful time for parents and carers, as well as children.

This booklet is designed for parents/carers to work through with their child. The booklet includes:

- a 'ready for school' checklist for parents/carers and children
- a moving up activity to help children feel more familiar with their new school
- tips and advice for starting secondary school



[Go to resource](#)

Calm Zone - Childline



A toolkit of ways for children to feel calmer including breathing exercises, activities, games and videos.

[Go to resource](#)

MindEd for Families

Are you a parent or carer who is concerned about the mental health of your child or teenager?

Do you just want some hints and tips on parenting? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together. You do not need to register to use these resources.



[Go to resource](#)

NHS Blog - Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health



As well as giving clear advice, this also contains links to further sources of support.

[Go to resource](#)

Young Minds - Parents Pages

We know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone.



We have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better.

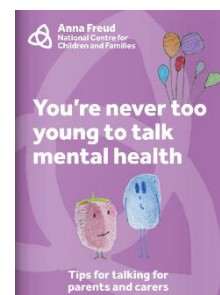
We also have our Parents Helpline who can provide advice and support if you're worried about a child or young person.

[Go to website](#)

You're never too young to talk mental health: tips for talking for parents and carers

This leaflet provides simple advice and guidance for parents and carers about having conversations about their child's feelings and making them part of everyday life.

[Go to resource](#)



Talking to my child - MindEd

This is an easy to read PDF and interactive website with tips, videos and suggestions for parents about encouraging their child to open up about their feelings.

[Go to resource](#) [Easy to read PDF](#)



Supporting a child with anxiety

If your child is experiencing high levels of anxiety, it can be worrying for you as a parent or carer. We hope this booklet will help you understand anxiety more clearly and begin to address it. There are many ways to help your child - and you - to deal with this common but distressing experience.

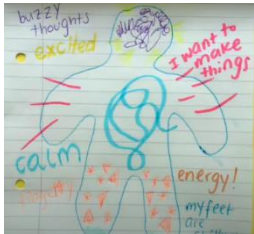
[Go to Charlie Waller Anxiety Resource](#)



Draw a feeling

This video shows a fun activity that helps children think about and draw their feelings.

[Go to video](#)



Squiggle Game

A short activity to encourage creativity

[Go to video](#)



Conversation Starters

Ways to start conversations with your child about feelings and emotions

[Conversation Starters Website](#)

[Conversation Starters PDF](#)



General Websites



<https://www.place2be.org.uk/>



<https://www.annafreud.org/parents-and-carers/>

<https://parents.actionforchildren.org.uk/>

