



MENTAL HEALTH & WELLBEING PARENT WORKSHOP

Georgia Apontua
Educational Psychologist
07.02.2024
Vicarage Primary School

Aims of today's workshop

- To give you an insight into how to better understand wellbeing and mental health
- Tips to support your own mental health as well as your children's
- Explore resources and strategies to support mental health and wellbeing in Newham and generally

What is Mental Health and Wellbeing?



Being able to:

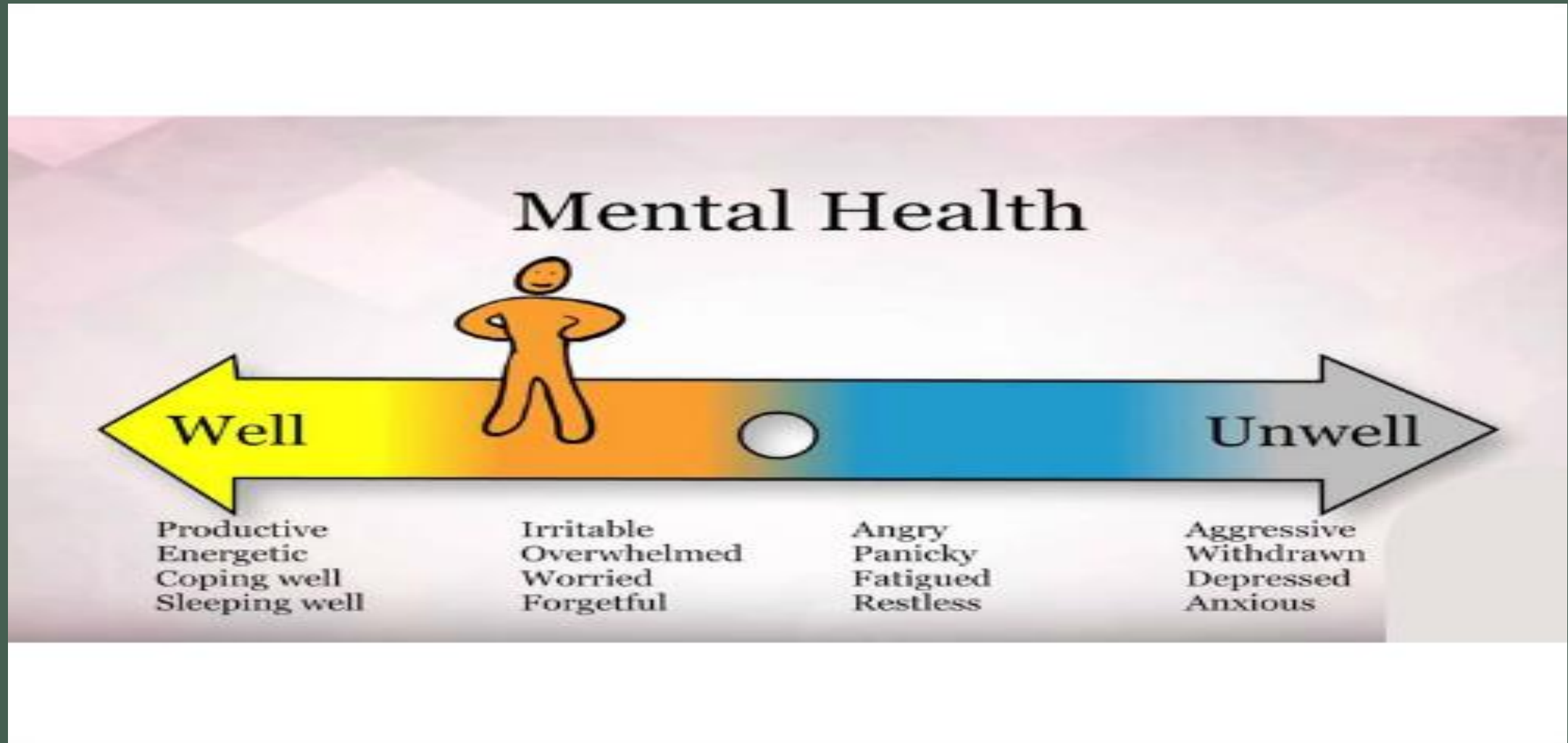
- Develop and thrive
- Make and keep relationships, and understand what makes a good relationship
- Use and enjoy time on our own
- Empathise with others
- Play and learn
- Develop a sense of right and wrong
- Resolve problems and setbacks and learn from them

Factors that can impact Mental Wellbeing

- Poverty
- Finances
- Housing
- Trauma
- Diet
- Sleep
- Physical Health
- Addictions
- Stigma and discrimination
- Difficulties in relationships

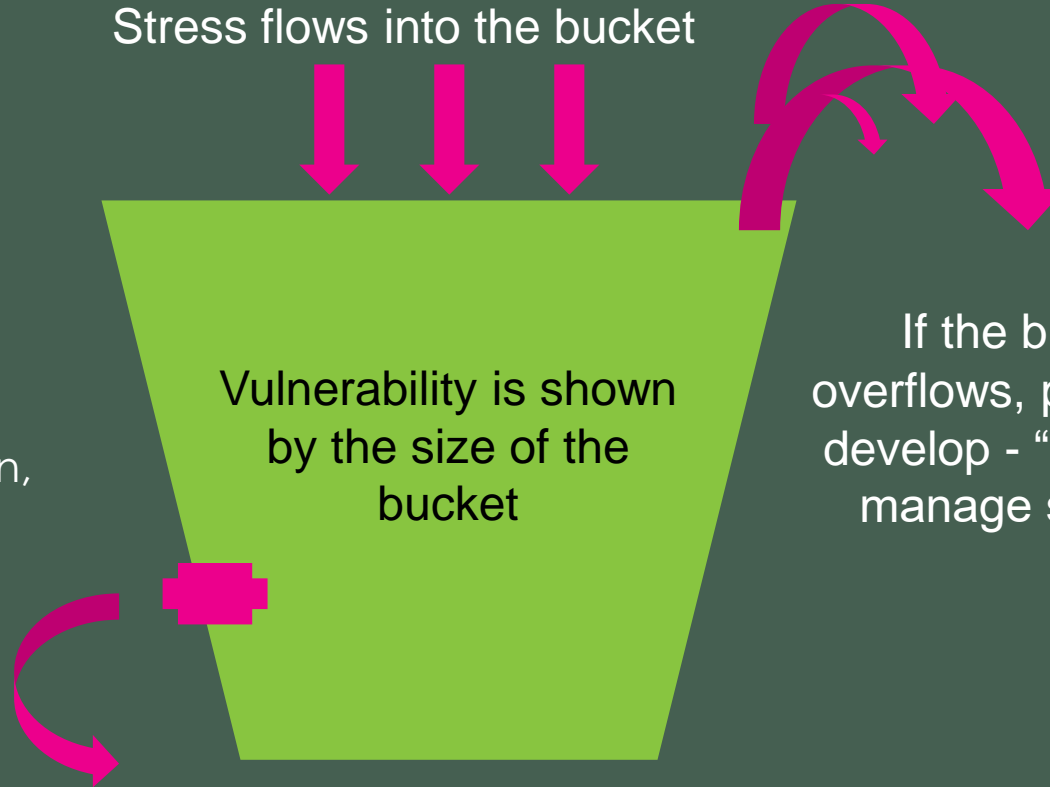


Mental Health Spectrum



The Stress Bucket

Stress flows into the bucket



Vulnerability is shown
by the size of the
bucket

If the bucket
overflows, problems
develop - "ability to
manage stress"

Source:
Brabban & Turkington,
2002

Helpful coping strategies = tap working lets the stress out

Unhelpful coping strategies = tap blocked so water fills
bucket and overflows

5 Ways to Mental Wellbeing

Connect – with other people, talk, spend time with family and friends

Be Active – physical exercise, walking,

Take Notice – ‘Be in the moment’, notice what’s going on around you in the present

Learn – attend a workshop (like today!), read books, learn a new skill, listen to podcasts

Give – help others, engage in your community



8 Tips for your own mental wellbeing as parents

1. Give yourself permission to do a “good enough” job as a parent.
2. Stop the comparisons.
3. Focus on your relationship with your child – and don’t worry about the other stuff.
4. Forget “should.”
5. When stress is getting the better of you, pause.
6. Tag in a trusted helper.
7. Practice self-care.
8. Get mental health support

What Helps?

- Think of a time you have recovered from something (illness, life event, etc). What helped you recover?



How to Talk and How to Listen

- Make talking about mental health a normal everyday part of life
- Give it your full attention and take it seriously
- Positive body language
- Ask open questions
- Stay calm
- Offer empathy rather than solutions
- Encourage your child to think of what might help (give them control)

https://www.youtube.com/watch?v=r_yAtOh3yV0 ; Anna Freud
National Centre for Children and Families

Here are our 10 top tips on practical ways you can positively promote your child's mental health:

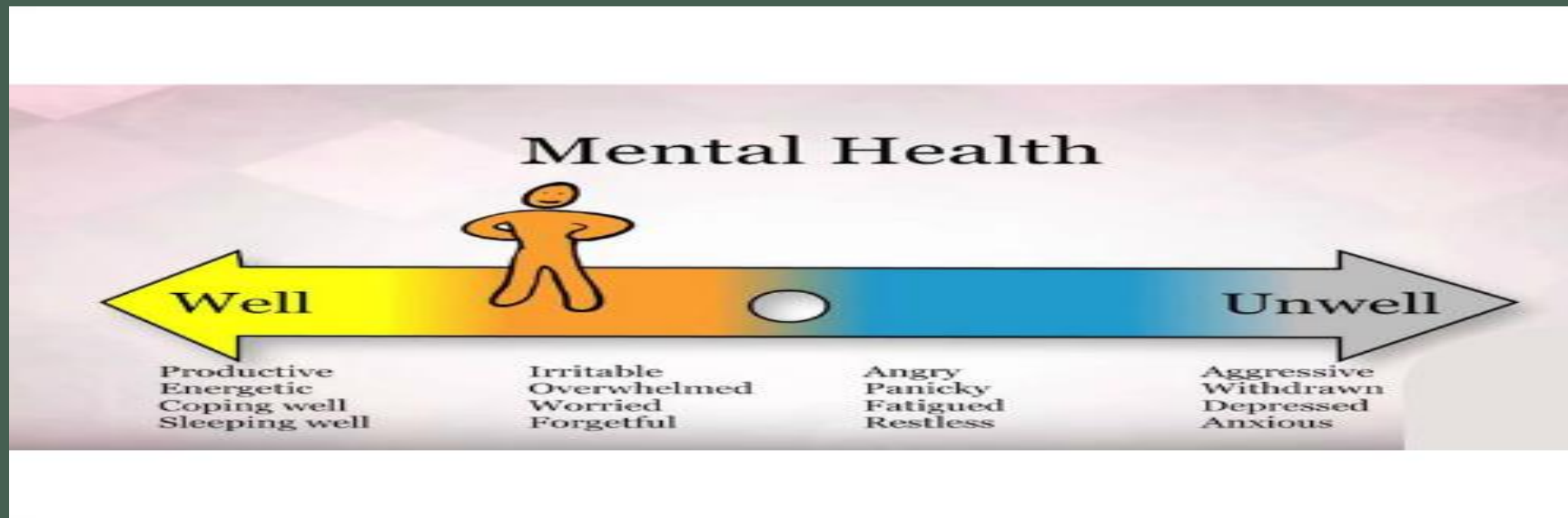
1. Connect with your child everyday.
2. Have quiet time together.
3. Praise your child when they do well.
4. Foster your child's self-esteem through maintaining curiosity.
5. Actively listen to your child.
6. Wherever possible stick to commitments and routines.
7. Keep your promises – particularly when it comes to commitments or routines and explain changes.
8. Find opportunities to play together.
9. Be a positive role model through looking after your own mental health and wellbeing
10. Help your child to develop a language of feelings e.g through books, comic strips

How to Help Your Child Develop Resilience

- **Positive Attention**- catch them doing something good
- **Labelled Praise** - be specific about what you have liked i.e. 'you walked to the house so nicely', rather than 'you've been good'
- **Rewards** – more powerful than consequences
- **Enjoyable activities** – having fun lifts our mood
- **Help them to achieve** – builds self esteem
- **Plan for success** – visual clues, preparation, choices
- **Clear boundaries** – makes life more predictable
- **Help your child to understand / express emotions**

When to be Concerned

- Significant anxiety and/or low mood that's impacting every day life
- Regular self harm with thoughts of suicide
- Significantly restricting food intake / binge eating
- Severe reaction to traumatic event(s)



Mental Health & Wellbeing Support

In Vicarage Primary

- Mental Health Lead – **Mrs S Watson**
- Designated Safeguarding Lead – **Ms Khan**
- Deputy Designated Safeguarding Lead – **Mrs Dennett & Mrs Watson**

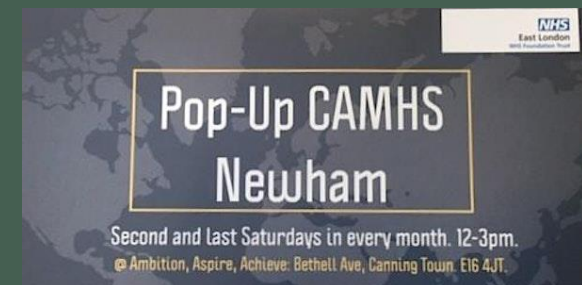
In Newham

- **Newham Parenting Support:**

<https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=1-1>

Further Resources

- **Lumi Nova App** – A fun digital therapeutic intervention app for 7-12 year olds to manage fears and anxieties
- **Young Minds:** <https://www.youngminds.org.uk/parent/> - Parent helpline as well as resources to support with a range of different needs
- **Place 2 Be:** <https://parentingsmart.place2be.org.uk/> - Place 2Be parenting advice such as 'My child doesn't want to go to school' or 'How can I support my child after a traumatic event?' or 'My child keeps getting angry and lashing out' or 'How to talk to my child about race or discrimination'
- **Pop-up CAMHS Newham:** [Online Pop-Up CAMHS Newham Registration, Sat 24 Feb 2024 at 12:05 | Eventbrite](#) ; 40 minute time slots to speak with psychologists and systemic psychotherapists



Pop-Up CAMHS Newham

Second and Last Saturdays in every month. 12-3pm.
@ Ambition, Aspire, Achieve: Bethell Ave, Canning Town. E16 4JT.

Further Resources

- **Parents Connect:** https://families.newham.gov.uk/kb5/newham/directory/service.page?id=XyUAZ_0g2kQ For parents with children with disabilities
- **Anna Freud Centre:** <https://www.annafreud.org/> - Child mental health service which as great support and information for parents and carers
- **The Parent Village:** <https://www.theparentvillage.org.uk/workshops> - Supporting parents to feel less alone
- **The Magpie Project:** <https://themagpieproject.org/about/> - Supporting mums and children under five who are in temporary or insecure accommodation
- **Fatherli App:** <https://www.fatherli.com/> - Empower dads to get the most out of parenting and find friends
- **Kooth:** Aged 10 and up to support with children's mental health , you can have live sessions with a therapist

EPS Parent Helpline

Newham Educational Psychology Service



Parent Advice Drop/Phone-In
with an Educational
Psychologist (EP)

- The EPS Parent Advice sessions are offered to any Newham parent or carer who would like to discuss concerns about their child with an educational psychologist (examples may include: your child's emotional well-being, challenging behaviours, learning progress, your relationship with your child or some of your own worries).
- The sessions aim to be supportive, confidential, and informal. Each session is 45 minutes.
- Please note these are stand-alone, one-off sessions that do not result in follow-up work. They are free sessions and open to all parents and carers of Newham children and young people. There is no criteria or threshold to access these sessions.

EPS@Newham.gov.uk

Further Resources

- Bereavement and grief - [Child Bereavement UK](#) or [Winston's Wish](#).
- Divorce and separation - [Young Minds](#).
- Getting ready to start school - [Place2Be](#).
- Exam stress - [Place2Be](#).
- Eating disorders - [Beat](#).
- Abuse - [NSPCC](#) (National Society for the Prevention of Cruelty to Children).
- Special needs and disabilities - [Scope](#).
- Autism - [National Autistic Society](#).
- Race and ethnicity - [BAATN](#) (The Black, African and Asian Therapy Network).
- Gender identity - [Gendered Intelligence](#), [Strong Family Alliance](#)