

# Wellbeing and Mental Health Parent Newsletter

Autumn Term 2020



## It's finally ready—The Wellbeing Shed

### Quick Look:

- The Wellbeing Shed
- Future parent workshops
- Discussion topic:  
Self-esteem
- Changes to the team



After many months of planning, research and building the Wellbeing shed is finally complete. So....what's it for?

The shed is a safe space for children (and adults if they need it) to have a chat! The shed has been placed in the heart of the playground so that the children can independently access support. Sometimes children come to the shed to calm down when they are struggling to play appropriately in and sometimes they just knock and wave to say hello or pop in. I have had lots of visitors already some needing a quick chat, some who want advice to help a friend and some who have felt really sad and needed a longer session. I think over time the shed is really going to help the children feel supported.

When the shed is busy or no one is around, children can use the post box on to drop me a note and I will get back to them.

Talk to your children about it

Thanks Debi

We will be running Parent Workshops over the next few months on the topics in the green box. These sessions will be run remotely. Each session will start with a presentation and then include some activities, discussion and reflection. Look out for the emails and don't forget to reply to Debi to secure your place.

Understanding your child's behaviour  
Supporting your child to manage anxiety  
Supporting your child to manage frustrated and angry feelings well  
Looking after yourself as a parent

What we've been talking to the children about in their most recent newsletter

## Self-Esteem

The way we feel about ourselves.



As a parent what can you do to help boost your child's self-esteem?

The best thing you can do for your child's self-esteem is to set a good example. Talk kindly about yourself in front of your child. Remember you are your child's role model and they learn so much about how to be a grown up from watching how you behave. Try not to focus on looks or what other people think, look after your own mental health and cultivate your own interests, to show them that you are special and unique. When faced with a problem, try to use positive, solution-based language. If something's gone wrong, it's not immediately important to work out who's to blame or how it could have been avoided. Look at the situation carefully and work out how to make it right. Show your child you're still learning new skills as an adult and share with them your first attempts at things. It's ok to fail and keep trying. How long did it take to learn to drive? How many tests did you have to take?

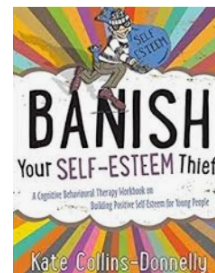
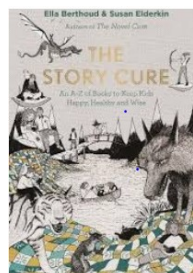
Talk to your child about diversity and teach them, by example, how to show respect to others. If your child can appreciate difference in other people they meet, it will be easier for them to believe in their own specialness. It can be tempting when your child doubting their abilities to compliment and praise everything they do. But they'll get wise to this very quickly! Instead, try to be specific with your praise—for example, if they've drawn a great picture, compliment their attention to detail or ask about a particular part of it. Take an interest in their interests—they will enjoy being the expert. Conversely, if you know they are struggling with something, suggest small ways they could improve.

Peer pressure can be very powerful at this age, let your child know they are special and wonderful as they are. Try to gently encourage them towards good role models and feed their imaginations with inspiring books, films and activities.

**For further information** look at websites like Mind or Childline.

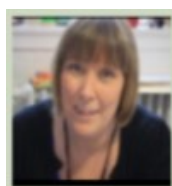
**Further reading:** Banish your Self-Esteem Thief by Kate Collins-Donnelly

The Story Cure: An A-Z of Books to keep kids Happy, Healthy & Wise by Ella Berthoud & Susan Elderkin

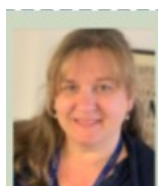


### The Millfields Wellbeing Team

For help with any mental health and wellbeing questions please email Debi: [dcookhorn@millfields.hackney.sch.uk](mailto:dcookhorn@millfields.hackney.sch.uk)



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