

Your child's wellbeing:



Beaumont Lodge
PRIMARY SCHOOL

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A short guide for parents



Ready to Learn Everyday



The last few years have been extra stressful, especially for parents. It is entirely understandable if you are feeling overwhelmed, frustrated, worried or exhausted.

You may be finding it harder than ever at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. If you are struggling, you are not alone. We have advice and tips that can really help and staff here who are always ready to listen and support you.

At Beaumont Lodge we follow a Growth Mindset approach to learning. Evidence shows that children make better progress and are happier if they are praised on the effort they make rather than what they achieve. They are more likely to cope better with small errors or failures and can pick themselves up if they get into difficulty. We try to use language such as: "I'm proud of you. You tried really hard with that", more often than saying, "Well done, you got that right."





Connect with other people



Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

- ✓ if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- ✓ arrange a day out with friends you have not seen for a while and encourage your child to spend time out of school with their friends
- ✓ try switching off the TV to talk or play a game with your children, friends or family
- ✓ visit a friend or family member who needs support or company



Be Physically Active



Being active is not only great for your and your child's physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- Raising self-esteem
- helping to set goals or challenges and achieve them
- causing chemical changes in the brain which can help to positively change your mood

Things that you and your child could try:

- ✓ Take a walk around Bennion Pools or Castle Park
- ✓ Go swimming at Leicester Leys Leisure Centre
- ✓ Try some online yoga e.g. cosmic yoga or dancing e.g. Go Noodle, Just Dance, Kidsbop dance.
- ✓ Challenge yourself on the outdoor gym apparatus behind Beaumont Leys Library or on Astill Lodge Park



Learn New Skills



Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others
- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try with your child include:

- ✓ try learning to cook something new.
- ✓ work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online.
- ✓ try new hobbies that challenge you both, such as writing a blog, taking up a new sport or learning to paint



Give to Others



Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people
- it could be small act of kindness, or something larger.

Some examples of the things you and your child could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- Taking part in or organising a fund-raising activity for charity e.g. Race for Life



Pay Attention to the Present (Mindfulness)



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- Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.
- Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Some examples of the things you and your child could try include:

- Taking a walk and enjoying nature.
- Yoga/meditation
- Mindful colouring



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Useful Websites

Websites to visit for further ideas to support your child's wellbeing:

- [Young Minds](#)
- [Relax Kids](#)
- [NSPCC](#)
- [Childline](#)
- [Headspace - YouTube](#)
- [Anna Freud](#) – National Centre for Children and Families
- The mental health charity Mind also offer more information about the [5 ways to wellbeing](#).