



Lincolnshire Partnership
NHS Foundation Trust

Healthy Minds Lincolnshire



How can I support my
5-10 year old's
Emotional Wellbeing?



V1 20210706

Aims

During this session we will explore evidenced-based interventions that you can use to support your child's emotional wellbeing.

We will meet the following aims:

- Understand what Emotional Wellbeing is
- Review Healthy Lifestyle
- Explore the 5 Steps to wellbeing
- Relaxation and Self-soothe

Emotional Wellbeing

What does being emotionally healthy mean?



What do my family already do to stay emotionally healthy?

Circles of Control



We can often find that when we are worried we focus our attention on things that are outside of our control.

Use the diagram above to record things that are outside of your control, then turn your focus to all the things that are inside your control.

Try focusing on what is inside this circle to reduce worries!

Daily Planner

Today I am grateful for _____

07:00: _____

08:00: _____

09:00: _____

10:00: _____

11:00: _____

12:00: _____

13:00: _____

14:00: _____

15:00: _____

16:00: _____

17:00: _____

18:00: _____

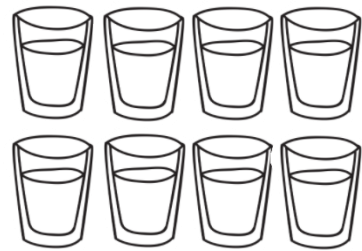
19:00: _____

20:00: _____

21:00: _____

Exercise: _____

Water:



Priorities:

- _____
- _____
- _____

Notes



Sleep

“Sleep hygiene” is used to describe good sleep habits. Many of us don’t pay attention to our sleeping habits but they are essential.

Tip 1: Develop a relaxing routine

This might include having a bath, reading a book or listening to relaxing music

Tip 2: Make sure the room is just right

Make sure the room is dark, quiet, cool and comfortable

Tip 3: Exercise during the day

Try to exercise in the day, this could be walking to school, jumping on the trampoline, or going to the park and playing football with friends

Tip 4: Keep your bedroom only for sleep

Don’t use the bedroom for things other than sleep. Consider moving games consoles to a family room

Tip 5: Stay away from screens

Challenge yourself to stay away from screens before bedtime. You may wish to have a relaxing bath instead, or take this time to read

Tip 6: Avoid sugary drinks and chocolate

Having sugar before bed can make it more difficult to sleep

Tip 7 : Keep your routine the same

Get into bed and wake up at a similar time each day (including weekends)



5 Steps to Wellbeing

Connect



Be Active



Keep Learning



Give



Take Notice

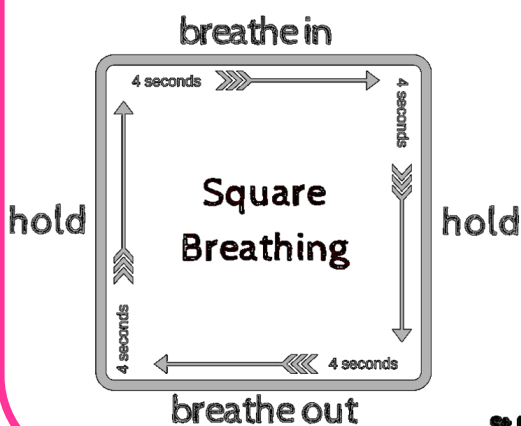


Breathing

Finger Breathing: Outstretch one of your hands like a star. Have the index finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your index finger up to the top of your thumb. Breathe out slowly and slide your index finger down the inside of your thumb. Continue breathing in and out as you trace your whole hand.



Square breathing: Step 1: Starting at the top left hand corner of the square, sit upright and slowly inhale through your nose for a slow count of four. Pay attention to the feeling of the air filling your lungs.



Step 2: Hold your breath for another slow count of four.

Step 3: Exhale slowly and deeply through your mouth to the count of four. Feel the air leave your lungs.

Step 4: Hold your breath for the same slow count of four before

repeating this process



Blowing bubbles: Blowing bubbles is not only fun but it can control breathing which helps relaxation. If you do not have any bubbles imagine you are blowing bubbles. Breathe deeply in and blow slowly through the bubble wand. Blow all your worries or anger away so that you feel calm and relaxed.

You can find more fun relaxation techniques on our website:

www.lpft.nhs.uk/young-people/

Progressive Muscle Relaxation

Sit back or lie down in a comfortable position. Shut your eyes if you're comfortable doing so. During this exercise pay special attention to the feeling of releasing tension in each muscle and the resulting feeling of relaxation. The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practise with your feet...

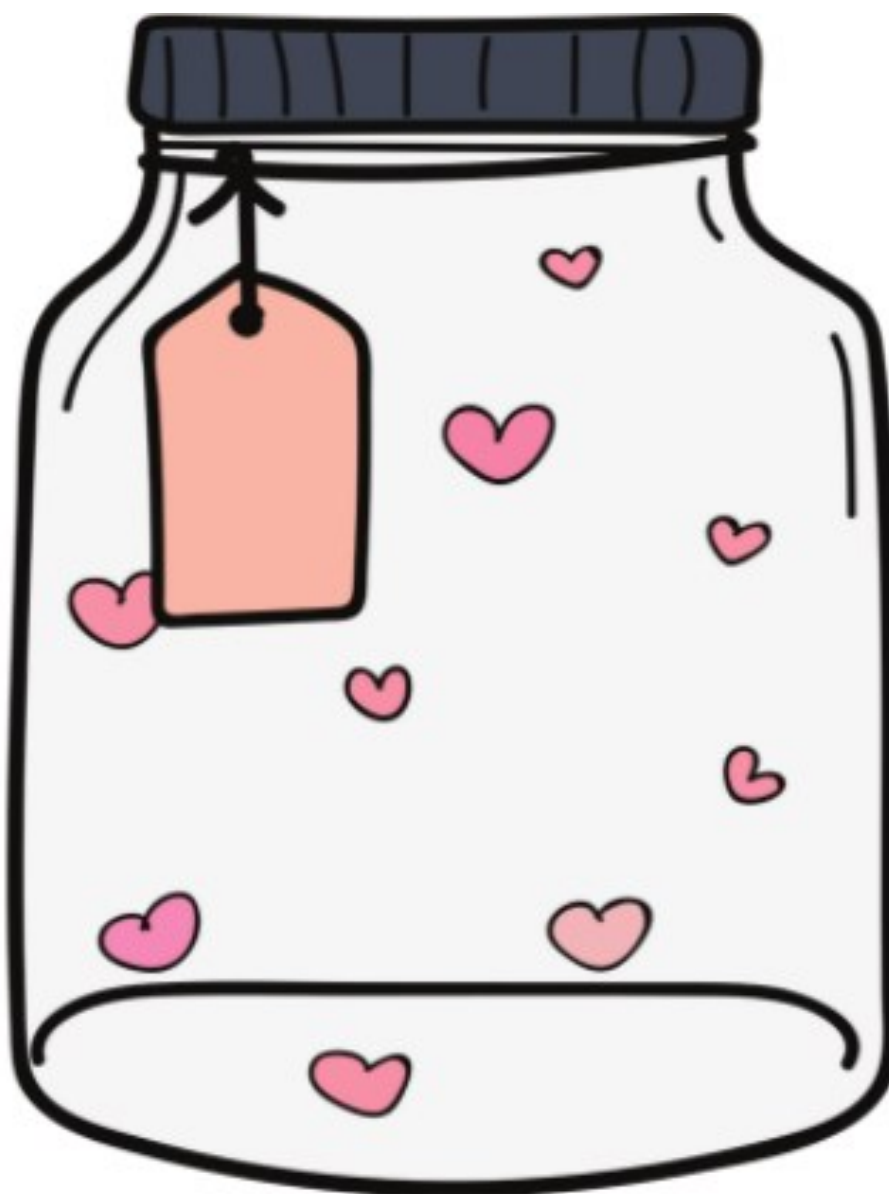


- 1. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.**
- 2. Release the tension from your toes. Let them relax. Notice how your feet feel differently after you release the tension.**
- 3. Tense the muscles all throughout your calf. Hold it for 5 seconds. Notice how the feeling of the tension in your leg feels.**
- 4. Release the tension from your calf, and notice how the feeling of relaxation differs.**

Follow this pattern of tensing and releasing tension all throughout your body. After you finish with your feet and legs, move up through your torso, arms, hands, neck and head. When you have finished slowly bring yourself back to the here and now, opening your eyes and stretching your muscles.

Recordings of different relaxation activities (Including Progressive Muscle Relaxation) can be found on the LPFT young person website.

Positivity Jar



Create your own sparkle jar, you can use a real jar and paper or write on the jar above. Some people like to use different coloured pieces of paper to make the jar like a rainbow!

Every time someone does or says something to make you smile, write it down and put it in the sparkle jar! Try to write all the things throughout the week that make you happy!

Then once a week, open the jar and read out all the thank-yous, memories and nice messages!

Self-soothe

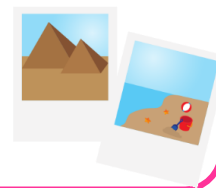
A self-soothe box can be a helpful resource when experiencing negative emotions such as worry, anger, sadness and guilt.

We recommend using a shoe or delivery box, it is important for your child to decorate it any way they wish. Make sure to keep it somewhere easily accessible for your child. We suggest including items that soothe the 5 senses. Below are some examples of things you may wish to include:



Sensory Items; e.g. fidget cubes/spinners or stress balls. These items can help restlessness.

Photos; of loved ones/pets etc. These can help to remind you of your close relationships and who is around to support you.



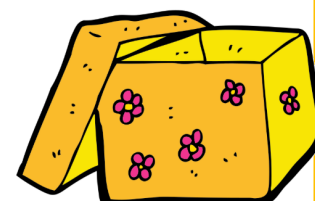
Hobby items; e.g. music, colouring, books. These can help to relax and distract you.

Notes; either from yourself or people in your support network. These can help provide reassurance and place things into perspective.



Relaxation; breathing and other relaxation techniques, that you may have found useful.

We recommend sourcing a shoe/ delivery box and for your child to take time to decorate it with things that will improve their mood. Collect together items that are meaningful to them, or will be helpful. Keep it somewhere accessible!



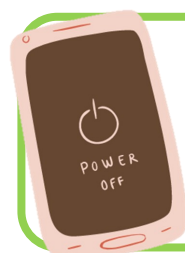
Wellbeing Challenge

Choose one or more things to do each day for a week to help improve your wellbeing. Do the same one each day or mix them up. You can make notes of how this affects your thoughts and feelings.

Here are some suggestions;

A Random act of Kindness!

- Smile at someone
- Hold a door
- Make someone a drink
- Give a compliment
- Give someone a hug
- Make someone a card or gift
- Help someone with something they find difficult



Have half an hour without any technology

Try something new such as a hobby or join a club!



Have a relaxing bath!

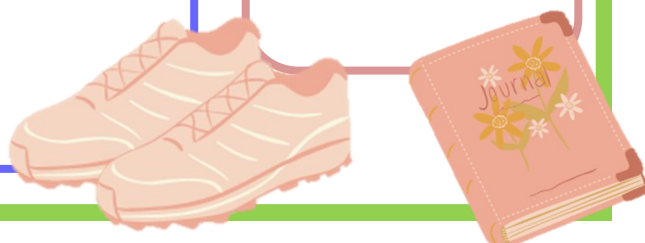
Do a relaxation or mindful activity.

Do some exercise every day!

Such as;

- Go on a walk with a friend or pet
 - Play a team sport
- Complete an exercise video
 - Dance in your room

Write down three things you are grateful for each day in a journal



How to be...



There are some key ways to be within the relationship with your child to support in developing a healthy relationship

There are a few skills that can support this;

- Be alert to how your child is feeling, identify what their baseline looks like to help you notice changes.
- Active Listening
Demonstrate that you are listening by using facial expressions, body language and gestures.
- Validate!
Validating does not always mean agreeing with your child instead acknowledge their perspective, experiences and feelings.
- Open
Use open questions when talking to your child and exploring their emotions, try to not fill or guess answers
- Silence
Give them time to think when talking and try not to fill in the gaps by guessing .
- Slow, Low and Low.
Slow down your speech, lower your volume, lower the pitch too. Doing this will help to soothe your child.
- Avoid adopting your child's emotional state. As hard as it can be, if you can model talking in a calm manner about the situation, this will encourage your child/young person to stay calmer.

Practise these things when you are calm, so when you need these skills you are prepared!

Staying well

Wellbeing can be a bit like a roller coaster, sometimes we feel great and other times feel more challenging. Complete the scale below with your child, identifying what you can do at each stage to move closer to the top!



Where to go now?

Your child may want to talk about how they are feeling with someone they trust or an emotional helpline such as,

[ChildLine 0800 1111](tel:08001111) or KOOH.com.

Do activities they enjoy. Don't forget to be proud of what they're good at! Use your Staying Well Plan to help with this!

Websites:

[Young people :: Lincolnshire Young Minds \(lpft.nhs.uk\)](http://lpft.nhs.uk)

The LPFT Young person website contains lots of information on skills that can be used at home, there are additional breathing skills and online workshops to review. There is also information on how to refer if more support is needed.

www.lincolnshire.gov.uk/emotionalwellbeing

This website provides information and advice on the local services available. The information within the emotional well-being pathway is designed to help families of children and young people experiencing emotional wellbeing, mental health or behaviour concerns

www.nspcc.org.uk/keeping-children-safe/online-safety/

If children are connecting with others online it is important for parents to ensure they are being kept safe online. The above web page contains information ranging from parental controls to advice on games or video apps. They can help you to understand the risks and keep your child safe

