

## Well Being Hand-out. Tuesday 12<sup>th</sup> November 2019

### Making **S=P+A+C+E** for **ME**



Ways to develop each of these:

Coping	Belonging	Responsibility	SPACE for Learning	Communicating
<p>Constantly working to build self-esteem.</p> <p>Avoid trying to "solve" problems for our children- give them ideas and strategies to try.</p> <p>Give them age appropriate responsibility.</p> <p>Develop independence.</p> <p>Encourage children to reflect on their blessings/ encourage glass half full mind-set- model optimism.</p> <p>Teach your child about the need to share concerns- can they identify trusted adults they would talk to?</p> <p>That it is ok to need and ask for help.</p>	<p>Encourage participation in clubs and activities</p> <p>Language of belonging- family- school- place of worship.</p> <p>Encourage your child to see everyone as unique and of worth. How all of us have different strengths and weaknesses.</p> <p>Reinforce our Golden Rule: "to treat others as you would want to be treated yourself"</p> <p>and the Golden Threads</p>	<p>Hand responsibility over to your child in an age appropriate way.</p> <p>Encourage independence with resources/ school equipment/ homework routines/ dressing/ eating.</p> <p>Avoid doing too much for your child.</p> <p>Encourage them to take responsibility for their actions.</p> <p>When they make poor choices know we learn from them and provide opportunities for resolution.</p> <p>Opportunities for sleepovers/ independence.</p>	<p>Use language of positive learning habits.</p> <p><b>Success =</b></p> <p><b>Perseverance</b></p> <p><b>+A positive, can-do Attitude</b></p> <p><b>+Confidence</b></p> <p><b>+Effort</b></p> <p>Praise effort rather than outcome.</p> <p>Value homework.</p> <p>Read with and to your child.</p> <p>Role model.</p> <p>Recognise and promote the need for</p> <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Exercise</li> <li>• Good quality sleep</li> <li>• Regulating screen time and having a range of interests.</li> </ul>	<p>1:1 time with your child.</p> <p>The importance of reading with and to your child.</p> <p>Language development.</p> <p>Language around mental health/ feelings and emotions.</p> <p>To have the language to know how to ask for help.</p>



## Helpful Organisations

**Family Lives** Have a great website with all sorts of information on a wide range of parenting topics and a free helpline which parents can call as many times as they wish <https://www.familylives.org.uk/>

### CYP Haven

A special service for your people aged 10-18 based in Ward Street, Guildford that gives young people a place to go if they are concerned about how they are feeling. Workshops take place regularly on different topics such as healthy relationships, managing feelings, self-care and coping with stress. [www.CYPHaven.net](http://www.CYPHaven.net)

### Surrey Family Information Service

The Surrey Family Information Service website has information on a very wide range of services for parents, families and children. [www.surreycc.gov.uk/fis](http://www.surreycc.gov.uk/fis)

### Book List for Emotional Literacy, resilience and Self Esteem

**Being me and Loving** it – Naomi Richards and Julia Hague

Stories to help build self-esteem, confidence, positive body image and resilience in children (Suitable for older primary years)

**The Great Big Book of Feelings** (picture book) Mary Hoffman – a great conversational prompt for early years recognition and discussion of feelings.

**The huge Bag of Worries** Virginia Ironside. A lovely picture book and story about a young girl who finds that her huge bag of worries is greatly relieved when a friendly adult helps to unpack and sort through them with her.

### **Contacts at school:**

Kate Carter, Inclusion Leader: [mrscarter@st-thomas.surrey.sch.uk](mailto:mrscarter@st-thomas.surrey.sch.uk)

Claire Daniels, Home School Link Worker: [hslw@st-thomas.surrey.sch.uk](mailto:hslw@st-thomas.surrey.sch.uk) or phone on 07725 250 435

Neil Lewin, Headteacher and School “Mental Health Champion”: [mrlewin@st-thomas.surrey.sch.uk](mailto:mrlewin@st-thomas.surrey.sch.uk)

### **Forthcoming Workshops this year:**

#### **4th February**

Helping your child make S=P+A+C+E for ME – looking at the needs for resilience and good mental health (Session 2 of 3)

***Promoting high self esteem and confidence***

#### **23rd March**

Helping your child make S=P+A+C+E for ME – looking at the needs for resilience and good mental health (Session 3 of 3)

***Helping your child with anxieties or worries***

