



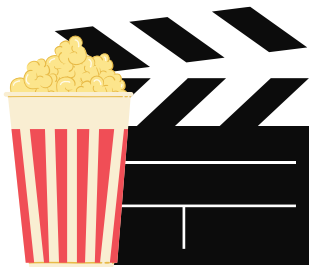
TIPS FOR THIS WEEK FROM THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS

MHST ARE HERE TO SUPPORT AND WORK IN PARTNERSHIP WITH YOUR SCHOOL EASTWOOD

THE TEAM ARE HERE TO HELP WITH EARLY INTERVENTION SUPPORT FOR EMOTIONAL AND MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE

OFFERING SUPPORT TO PARENTS, SCHOOL, CHILDREN AND YOUNG PEOPLE TO RAISE AWARENESS OF COMMON MENTAL HEALTH CONCERNS.

WE RECOGNISE THAT LOOKING AFTER YOURSELF CAN BE CHALLENGING IN THIS CURRENT TIME BUT HAVING THESE TOP TIPS CAN HAVE A MASSIVE IMPACT ON YOUR OWN MENTAL WELLBEING



WAYS TO HELP CHILDREN STRUGGLING IN LOCKDOWN

Spend time doing a fun activity together

This could be something neither of you have tried before, or a usual favorite - baking, yoga or watching a movie for example!

Communication doesn't always have to be through talking

Sometimes children don't want to speak about their worries, your child might prefer to write them down for you to read.

Keep your child learning

Try to keep learning fun and creative, this will give your child a daily focus.

Sticking to a routine can help you child feel safe and stable

This may include a regular bedtimes, limiting screen time, time for hobbies and meal times.

Reassure them that this will pass

This time might be frustrating for your child. Recognise that it is difficult, whilst also letting them know, this pandemic will not last forever.

