



Issue 2 | Summer Term, 2023

# BROAD SQUARE PRIMARY

## MENTAL HEALTH AND WELLBEING NEWSLETTER

These newsletters will be issued every half term, helping you to keep up to date with top tips on how you and your family can lead a happy, healthy, lifestyle.



### Transition

As adults we often forget that significant changes to daily routine can be disruptive for many children. And while most children are looking forward to being off school, the reality is that the sudden change in routine can be very scary and difficult to cope with.

How many parents / carers have been flummoxed when their child is dysregulated or easily upset during the first few days of a much anticipated school holiday? Adults and children can find a change in the normal routine uncomfortable as change can threaten our 'secure base' and lead to raised anxiety levels. Usually anxiety levels are reduced for all of us when the new routine is perceived as 'safe'. There are ways you as a parent or carer can make this transition a little less scary and also use it as an opportunity to build your parent / child attachment at the same time.

- 1) Create a visual countdown and timetable.
- 2) Think about and plan for that first week of the holidays.
- 3) Keep plans simple and flexible - remember kids like downtime too.
- 4) Acknowledge what your child is going through.
- 5) Get creative.
- 6) Let your child know you're thinking of them when you are apart.
- 7) Be aware of your child's sensory needs.
- 8) Add some dedicated quality time to your child's life.



### Mindfulness and Creativity

**Creative activities can be fun for all the family, and sitting down together to create something can be a good bonding exercise, stimulating conversation and encouraging sharing. Here is a simple idea to try. Take a clean jam jar, decorate it and fill it with things that will cheer you up and make you feel positive. They could be written affirmations, little toys, sparkly gems or smooth pebbles: anything that brings you joy and makes you feel calm.**



FIXED MINDSET		GROWTH MINDSET
Intelligence is static		Intelligence can be developed
Avoid challenges		Embrace challenges
It's too hard		I can train my brain.
Expect reward without effort		Effort is a path to mastery
Ignore feedback		Learn from feedback
Threatened by success of others		Inspired by success of others
		

### School Summer Holidays

**Whilst it will be lovely for families to spend quality time together during the summer holidays, it can also be a time that can cause stress for some families due to clashes with work or finances. This is a link to a useful article which includes tips and ideas for parents / carers:**

<https://www.guidetolife.co.uk/summer-break-wellbeing>