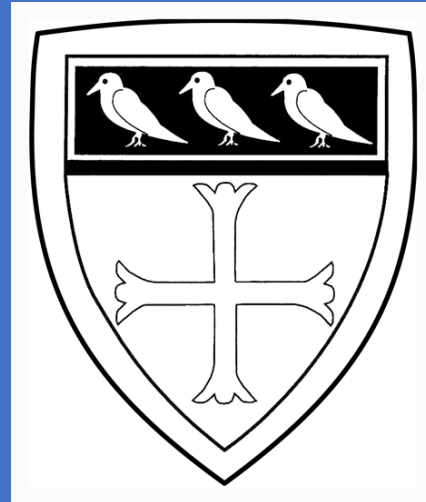


King's Court First School



Mental Health and Well-being Meeting

Today's Session

- Welcome and introductions
- Science
- Behaviour
- Building confidence and self esteem
- Building resilience and perseverance

Mental Health Leads

- Mrs Pye- Beraet- Children's Champion
- Miss Powell- Staff Champion

- Both hold a certificate in the Role of the Senior Mental Health Lead
- February 2022

Does your child sometimes...

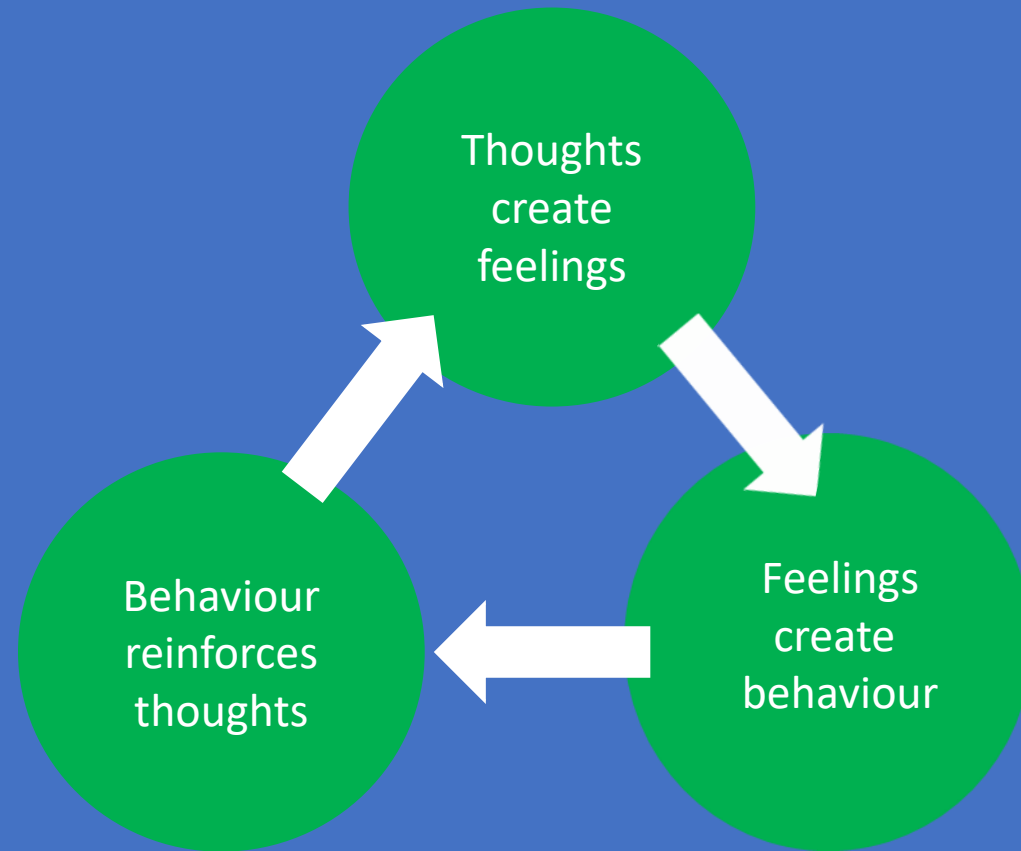
- lack confidence and self esteem?
- not quite seem themselves?
- feel anxious?
- have big outbursts?
- lack resilience and give up easily?

If you answered yes to any of these, today's session will be perfect for you!

All behaviour is a form of communication

Science

If we only deal with the behavior and not the thoughts we are not dealing with their feelings.
We are dealing with the symptoms and not the cause!



Having a certain set of feelings that your child is unable to talk about leads to the way they behave.

Negative thoughts leads to negative feelings which then leads to negative behaviour.

For example: Thought- I'm rubbish at spelling- what if I do the test and not get any right? Feeling- I'm going to feel stupid Behaviour-refuses to complete their spellings."

If we only deal with the behavior we are not getting to the cause and we can not move forward.

So what do we need to do?

- We need to focus on the feelings and thoughts behind the behaviour- find out what is at the root?
- Teach our children it is ok to talk about how we feel- to talk about different emotions- to help name our feelings.
- To explain it is ok to feel a certain way and acknowledge their feelings eg: I can see that has made you feel angry
- To support our children to develop self regulation and communicate how they are feeling to avoid the big emotional outbursts.

Often when you see big emotions and outbursts or 'bad' behaviour... your child isn't giving you a hard time... they're having a hard time!

And it may not always be big emotional outbursts, there are lots of ways your child may be behaving- they may show low self esteem, may not want to try, lack confidence etc

Another example- **Thought**- I don't want to go swimming... **Feeling**- I'm scared of going under the water... **Behaviour**- Does not get ready

The more we can encourage our children to talk about how they feel the less challenging behavior we will see.

Restorative Conversations

In school we follow up behaviour with restorative conversations that invite the children to talk about what happened and how they were feeling, how it may have made other people feel and what we can do if we were to feel like that again.

Build Confidence and Self Esteem

If a child has only received praised when they achieve something, for example get 10/10 on their spellings, when they get one wrong this effects their self esteem.

I'm rubbish!

I'm not clever anymore!

I've failed!

If we praise their ...

- Character
- Determination
- Perseverance

If they don't achieve something their self esteem isn't affected because their sense of self isn't defined by their sense of achievement!

What can we do?

- Support your child to understand their character strengths
- Find ways to celebrate their strengths constantly
- Encourage them to draw on their strengths when they might need them.

For example: if your child wants to learn to ride their bike, they will want to keep practicing. They are showing perseverance.

Remind them of this when they are finding something difficult and wanting to give up! Remember when you kept practicing to try to ride your bike, you were showing great perseverance. You can show that perseverance again now to help you with your reading.

Building Resilience and Perseverance

- The times we talk about it, tends to be the times we are struggling!
- The times we show it, tends to be when we are thriving!

Children are resilient in the things they are really passionate about, they will figure it out if they are interested.

CELEBRATE RESILIENCE rather than focus on when they are not showing it!

There will always be outside factors that influence our children that are out of our control but by supporting them to develop their resilience muscles they can draw on these when needed.

“Building resilience is not about making them tough, it’s about helping them navigate the tough times.”

4 key ingredients to helping your child have good self esteem

- Understanding the thoughts and feelings behind their behaviour
- Teaching your child to understand their emotions
- Celebrating who they are and their character strengths
- Developing their perseverance and resilience

Coming soon...

- We are purchasing an NHS backed mental health and wellbeing scheme to be used across the school to develop a growth mindset to support them in school and at home with their own well-being and self esteem.
- We will providing a parent workshop to inform you more about the scheme when it is up and running and how you can support at home.

Questions

- If you have any questions regarding this information, please don't hesitate to get in contact with the school office and Miss Powell or Mrs Pye- Beraet will give you a call back.