



Supporting Your Child's Emotional Wellbeing & Sleep

Tower Hamlets Education Wellbeing Service (THEWS)

— We are Renee and Alex! —

Who are the Tower Hamlets Education Wellbeing service?



THEWS is part of a national initiative to improve emotional and mental wellbeing for children and young people by introducing Mental Health Support Teams (MHSTs) in schools across England.

- **MHSTs have three aims:**
 - To help children and young people, aged 5-19 years old, get earlier access to mental health and wellbeing support
 - To help schools embed mental health and wellbeing provisions
 - To connect young people and families with other services providing mental health and wellbeing support
- **Each school has an Education Wellbeing Practitioner who provides support via:**
 - 1:1 sessions
 - Introductory workshops
 - Groups sessions

Ground Rules



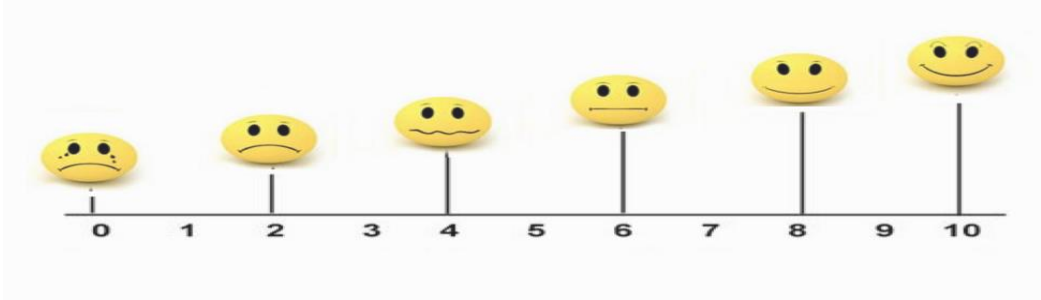
- Listen to and respect other group members
- Doing and sharing only what you are comfortable with
- Talk to us if you are having any issues or feeling uncomfortable
- Confidentiality- do not share anything outside of this group

Are there any rules you would like to add?

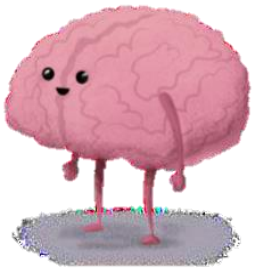
What we're going to cover

- What is mental health?
- Common MH difficulties
- How we can support young peoples MH
- Conversation starters
- Sleep

What is Mental Health?

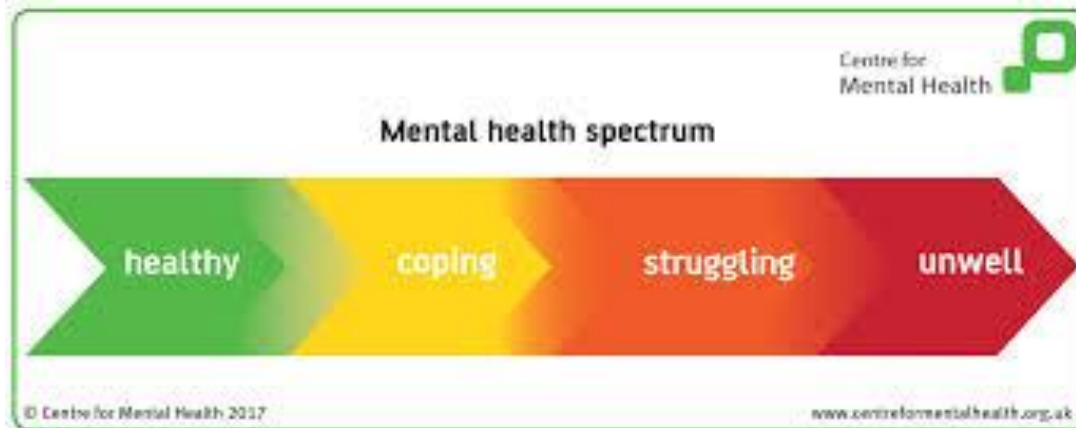


- Mental health is about our feelings, our thinking, our emotions and our moods.
- Looking after our mental health is just as important as looking after our physical health.



Statistics

- Mental Health is a Spectrum



- 2017 study shows **83%** of us will experience a some kind of mental health difficulty over the course of our lives. This might be a period of high anxiety, sadness or something more.
- In this study, those who were less isolated had better mental health- e.g. they had good friendships & relationships! Power to make a difference!
- Mental health struggles are very common!

9
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9 in 10 people with mental health problems say that stigma and discrimination have a negative effect on their lives



70% of young people with mental health issues do not receive the appropriate support



1 in 10 children and young people are affected by a mental health problem

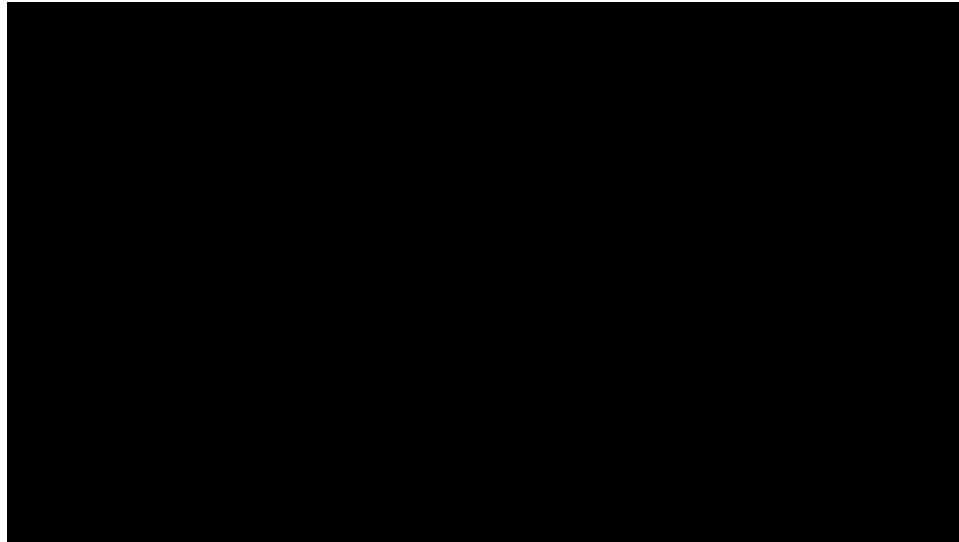


Mental disorders affect 1 in 4 people



75% of suicides in 2015 were men and 25% women

Video Clip



<https://www.youtube.com/watch?v=DxIDKZH3-E>

Common difficulties/MH

- Anxiety
- Low mood
- Sleep
- Behaviour difficulties
- Self harm
- Friendship
- Self esteem
- Phobias

Teenagers:

- Impulse control/risk taking
- Emotional regulation
- OCD
- Body Image
- Social skills

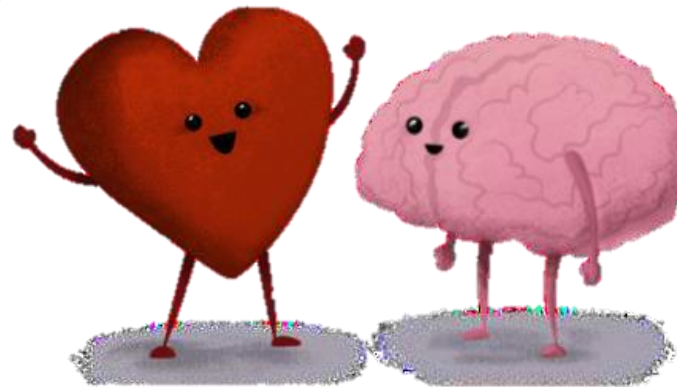
Fears and worries are normal and tend to link in with development (Moore & Carr, 2000)

| Age | Fears and worries |
|---------------|---|
| 0 - 6 months | Strong sensory stimuli (e.g. loud noises); loss of support |
| 6 – 12 months | Strangers; separation from care givers |
| 2 – 4 years | monsters; potential burglars; the dark |
| 5 – 7 years | Natural disasters; own injury/illness/death; animals; media-based fears |
| 8 – 11 years | Poor academic and athletic performance |
| 12 – 18 years | Peer rejection; world issues |

How can we support children's mental health?

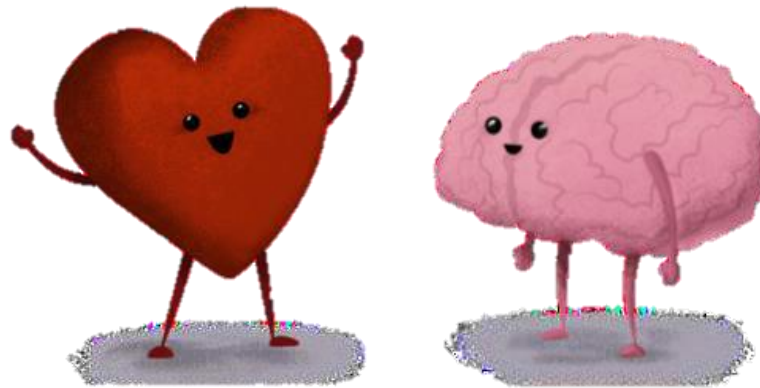
What helps?

What is less helpful?



How can we support children's mental health?

First step: making sure that we look after ourselves



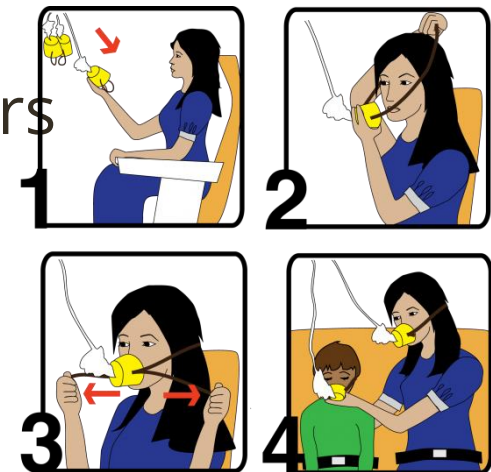
Oxygen mask

On every flight we go on, we watch the safety demonstrations.

There is one particular instruction in which an oxygen mask drops from the ceiling above us. What are we always told we must do first?

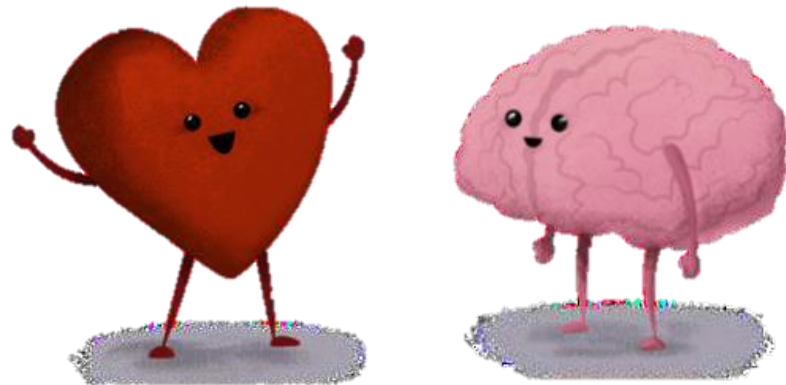
Sometimes it's just easier to care for others rather than ourselves.

What are the possible outcomes of doing this?



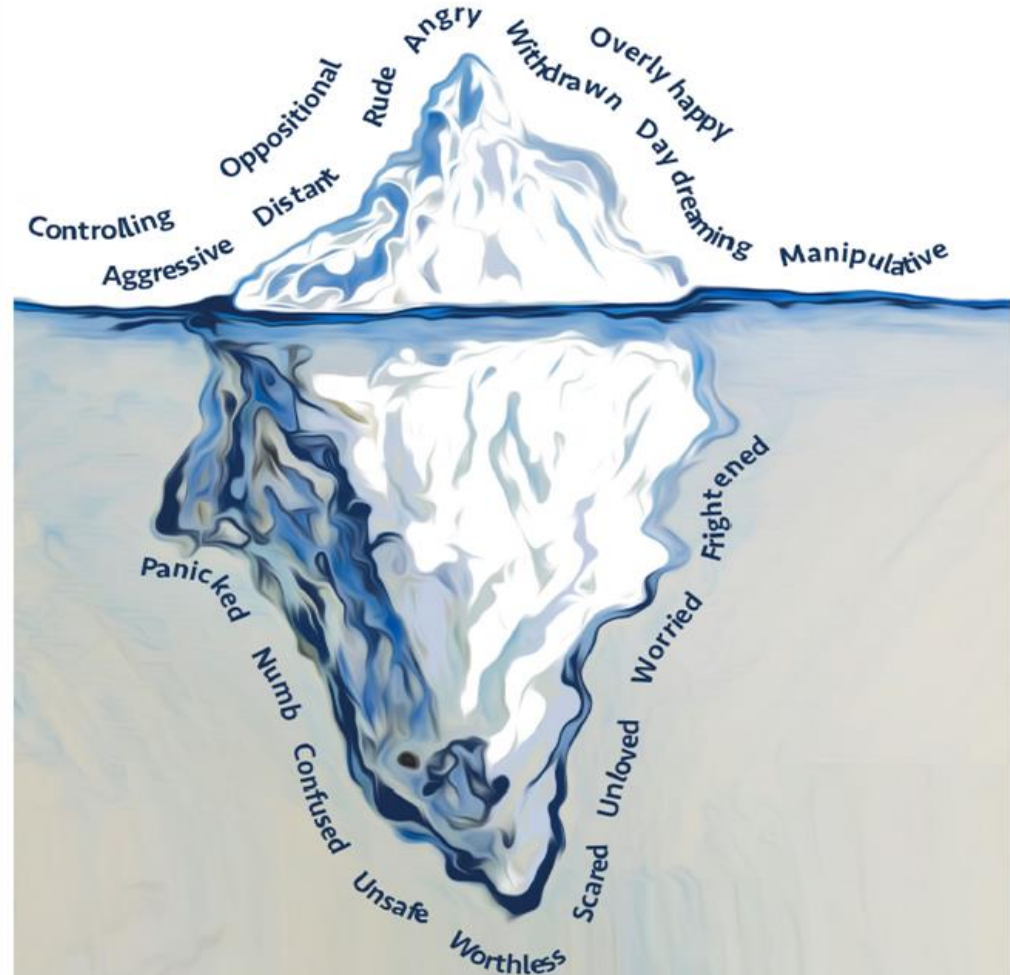
How can we support children's mental health?

2.) Making sense of your child's behaviour



Bringing Hidden Needs To The Surface

People of all ages, from babies to old age, find ways to **manage their emotions** so that they feel as **protected** and as **safe** as possible. It is human instinct to do this. We guard ourselves against feeling **too vulnerable** by showing the world behaviours which keeps others at a **safe distance**. Our 'real' needs are **buried deep below** the surface where they are hard to see.

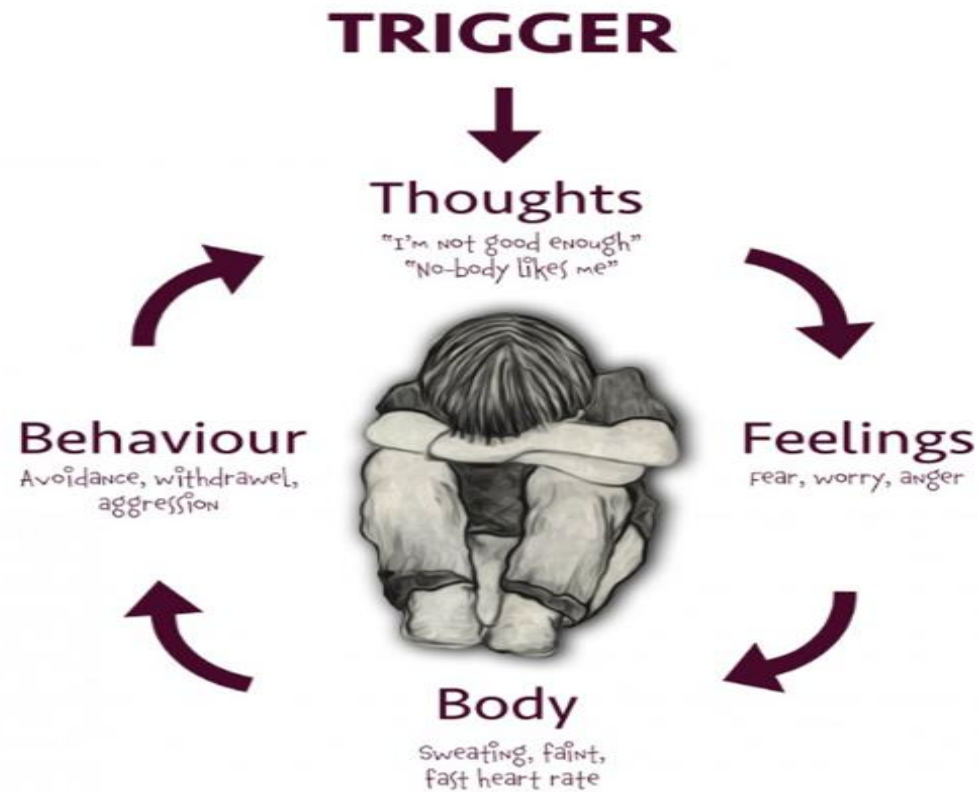


Making Sense
of your Child's
Behaviour:

Hidden Needs

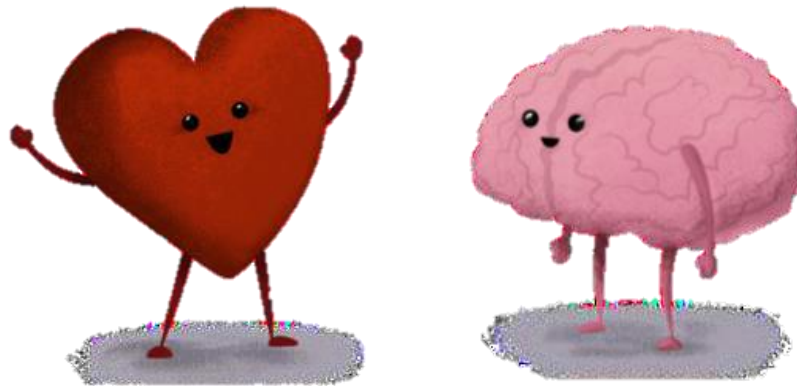
To help people feel **calm inside** and get **close to others** – respond to them as if you were responding to their **hidden** needs rather than the behaviours you see. Show them **empathy, acceptance, understanding, kindness**. Be there **with** them and **for** them.

Making sense of your child's behaviour



How can we support children's mental health?

3. Having conversations



Tips for positive conversations



Make conversations about emotions a normal part of life. *Anywhere is a good place to talk, car, walking to school, cooking*



Ask open questions such as “how did your day go today?”



Give your full attention – be open & curious. *Avoid ‘down playing’, shaming, or dismissing (don’t be silly, there’s nothing to worry about)*



Offer empathy rather than solutions. Validate your child’s emotions; “I can see you are feeling really angry/sad/frustrated”

Tips for positive conversations



Let them know that you are always available to talk.



Calmly staying with feelings that arise. Very difficult!



Remember that we are all different – everyone has a right to their own feelings!



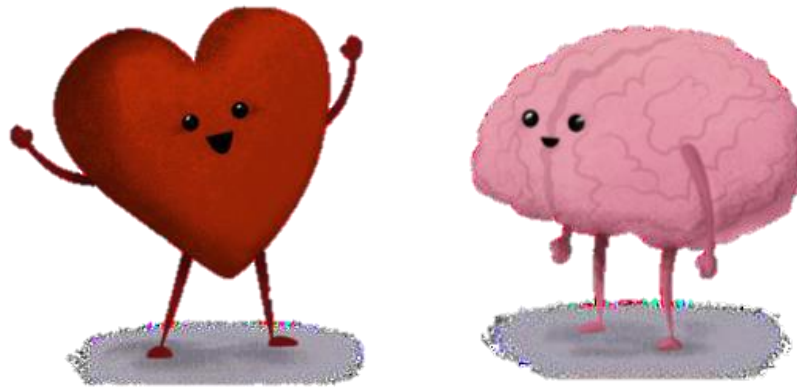
Reflective parenting / modelling



Observing and describing others emotions – through play, family members, friends, tv

How can we support children's mental health?

4. Supporting children to understand their different emotions



The Zones of Regulation

Blue Zone



Sad
Tired
Bored
Depressed

Sick
Hurt
Shy

Running
Slow

Green Zone



Happy
Focused
Ready to Learn

Calm
Good

Good to Go

Yellow Zone



Frustrated
Silly
Embarrassed
Upset

Worried
Annoyed
Confused
Excited

Caution

Red Zone



Angry
Mad
Out of Control

Terrified
Mean

STOP!

How can we support children's mental health?


5. Emotion regulation strategies



Practical Skills

- Counting down from 60 in 3s
- Spell name backwards
- Find an animal starting with each letter of alphabet

"Hot Chocolate Breath"



@journey-to-wellness

- 1 HOLD OUT YOUR HANDS LIKE YOU'RE HOLDING A MUG OF HOT CHOCOLATE
- 2 BREATHE IN SLOWLY THROUGH YOUR NOSE, LIKE YOU ARE SMELLING THE COCOA
- 3 BREATHE OUT SLOWLY THROUGH YOUR MOUTH, LIKE YOU ARE TRYING TO COOL THE HOT CHOCOLATE DOWN.

→ REPEAT ←


Breathing TECHNIQUE

5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5 THINGS YOU CAN SEE



4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE

Sleep



- Problems at night time are extremely common among children
- Sometimes children find it difficult to settle on their own, want you to stay with them, keep coming out of bed, try sleep in bed with you, or wake up during night
- Do your children have any difficulties with sleep?

Sleep Hygiene

- A good bedtime routine is one relatively simple step you can take to ensure you are giving them the best chance of falling asleep.
- Having consistency around bedtime is a useful way of giving a child the best chance of success at sleeping.
- A bedtime routine should include all parts of getting ready for bed - such as brushing teeth, getting in pyjamas, and quiet activities like reading a book; whatever it is that needs to happen between dinner and bedtime to get the child prepared.
- Of course, routines have to work for all family members, but do try to have at least an hour of 'wind-down' time before your child goes to bed.
- It may also be useful to consider the order in which things are done.

Key dos and don'ts for a pre-bed routine:

| Do let them: | Don't let them: |
|---|---|
| <p>Have 'quiet time' for at least an hour before bedtime</p> <p>Keep lights as dim as possible</p> <p>Avoid interactive technology (e.g. gaming, social media)</p> <p>Avoid watching television programmes that may be overly stimulating - those that might make them feel scared or very excited</p> <p>Avoid homework (or other activities) that may make them feel stressed</p> | <p>Nap after school</p> <p>Consume caffeinated beverages or food in the afternoon and evening</p> <p>Fall asleep anywhere except their bed</p> <p>Have a long hot bath or shower immediately before bed (A long hot shower or bath can raise their internal body temperature, the opposite of what is needed for sleep)</p> <p>Let your child use their bed for activities other than sleeping (e.g. homework, watching TV)</p> |

Tips for a better nights sleep



ROUTINE. GET INTO A PATTERN OF SLEEPING AT SET TIMES AND YOU WILL FIND IT EASIER TO SLEEP AT THAT TIME EVERY DAY.



CAFFEINE. DON'T DRINK CAFFEINE TOO LATE IN THE DAY, IDEALLY NOT AFTER LUNCH.



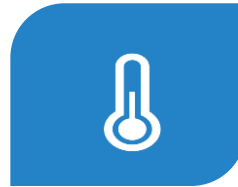
EXERCISE. EXERCISE MAY HELP US SLEEP. TRY TO EXERCISE EARLIER IN THE DAY AS EXERCISE PRODUCES ADRENALINE, MAKING IT DIFFICULT TO SLEEP.



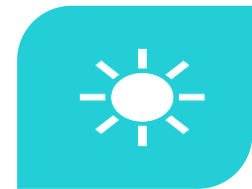
MEALS. DON'T SLEEP TOO HUNGRY OR FULL. EATING LARGE MEALS BEFORE BEDTIME SHOULD BE AVOIDED AS THE BODY WILL SPEND TIME DIGESTING BEFORE IT CAN SLEEP.



ELECTRONIC DEVICES. TURN OFF PHONE, COMPUTERS, TV – ANYTHING THAT EXCITES THE BRAIN.



ROOM TEMPERATURE. TRY TO HAVE A SLIGHTLY COOL BEDROOM.



LIGHT. ENSURE YOUR BEDROOM IS DARK & SEEK LIGHT IN THE MORNING AS LIGHT SETS YOUR BIOLOGICAL CLOCK TO DAYTIME.

Main reasons for sleep problems in anxious children are;

- - fear of being separated or alone from a loved one
- - uncontrollable worry and specific worries about not sleeping

How to approach night time fears?

- Decide on your goals and your child's goals for their anxiety at bedtime
- Work out what your child's anxious expectations are
- Encourage, praise and reward your child's brave behaviour and attempts to overcome fear
- Develop a step by step plan
- Using problem solving to address bedtime related problems

Step by Step plan

Sleep on my own in my own room all night, every night for a week

To sleep in my room alone with parents checking on me every 30 mins until I am asleep, for a week

Parents to check in on me every 20 mins until im asleep, for a week

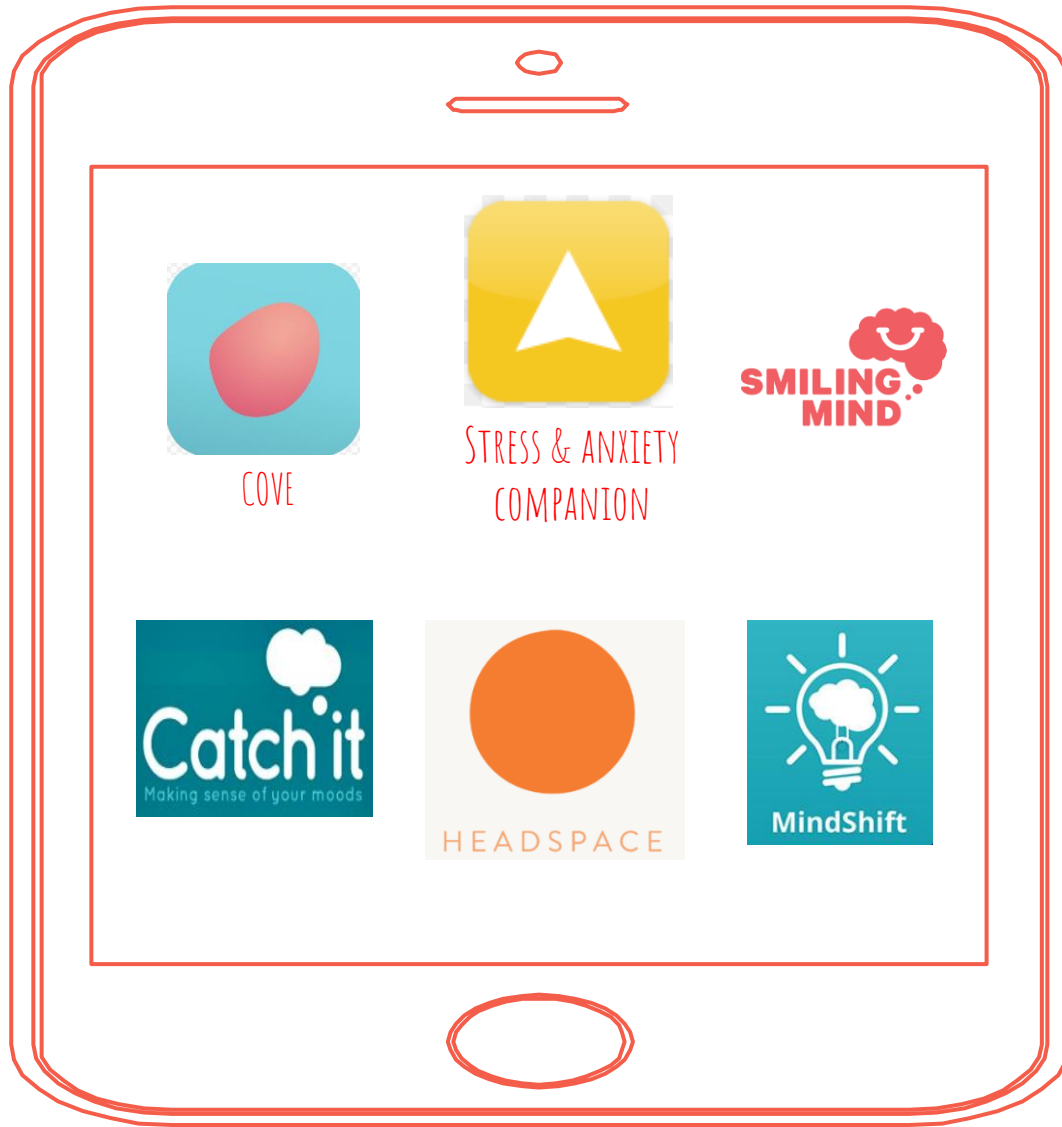
To sleep in room alone with parents coming to check on me every 10mins until I am asleep, for 2 nights in a row

To sleep in my room alone with one of my parents upstairs while I sleep

To sleep in my room all night with my cousin staying over

To sleep in my room all night without dad in the same room sleeping on side bed

Ensure rewards are given at each step



RECOMMENDED APPS

Where can I go for further support?

- Parent advice helpline -0808 802 5544
Monday – Friday 9:30 – 4pm
- They offer friendly advice for parents and carers worried about a child or young person under 25.
- Clear Fear App, Kooth
- Speak to teachers/school for support or a referral to THEWS
- Docklands outreach

Questions & Feedback?

Thank you for listening!