

# NEWSLETTER

THERAPEUTIC SUPPORT FOR PARENTS AND CARERS.

How can I support and promote the wellbeing of my family at home during lockdown?

## Stay connected

For some, it may feel difficult to stay positive and connected with others during lockdown. But by simply picking up the phone or video calling friends and family can help support yours and others mental health and overall wellbeing. Hearing a familiar voice or having someone to listen can help people feel happier and safer during lockdown. It is also important to bear in mind that children and young people at home will also want their voices heard and to feel connected to you and others. Making time to talk and to listen to your children/teenagers at home can help alleviate any anxieties or frustrations they may have. Ways to do this may include activities as simple as having a break from technology to sit down and have a cup of tea together or going for a leisurely walk together. Making time to chat and communicate with your child will help promote their language skills, confidence and self-worth. Communication and family activities support your family's emotional wellbeing by staying connected with the possibility of also creating happy memories together during lockdown.

### Activities you can do together as a family:

Yoga; <https://www.youtube.com/user/CosmicKidsYoga>

### Baking/Cooking;

<https://www.bbcgoodfood.com/recipes/collection/quick-and-easy-family-recipes>

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>

### For more family activity ideas see Place2Be:

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>



## WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

## Be Active

### How can physical activity help my mental health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with: Better sleep, happier moods, managing stress, anxiety or intrusive and racing thoughts, better self-esteem and reducing the risk of depression ([www.mind.org.uk](http://www.mind.org.uk), 2021).

<https://www.nhs.uk/better-health/get-active/>

### PE with Joe Wicks:

<https://www.youtube.com/c/TheBodyCoachTV/featured>

### *Remember to breathe!*

*When things feel quite stressful or you notice someone at home is appearing agitated or distressed, offer a breathing exercise, it can help to calm the mind and ease tension and anxiety – anyone can do it. As an adult you may want to take a moment each day and do it for yourself.*

### **Belly Breathing**

#### **How To:**

- Inhale slowly for 4 seconds through the nose.
- Ask your child to pretend they are blowing up a balloon inside their belly. They should be able to feel their belly inflate.
- Pause for 2 seconds, and then slowly exhale through the mouth.
- Ask your child to pretend that he or she is emptying the balloon of air, they should feel their belly deflate.
- Pause for 2 seconds, and then repeat.

Please email us any questions/feedback that you may have to help support you and your family. You can do this by emailing your questions to;

[therapy@chaigeleyschool.org](mailto:therapy@chaigeleyschool.org)

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)