



Mental Health in Schools Team Tips For Wellness



Tips to Boost your Child's Mood

It's natural to feel a bit low and see the world a bit more negatively than usual, including children. Letting your child know that you are available to talk to could be helpful, e.g. 'I've noticed you seem quite down, I'm here if you want to talk'.

There are other things that you can do to support your child:

- Motivation can be difficult to find when we are down, and it might be helpful to think about what your child finds rewarding and usually enjoys (this doesn't have to mean in a material/costly way).
- Are there ways that you could 'join in' or consider if there is someone else with whom they might want to do something? Connecting to people who are important to us is another important way of boosting our mood.
- Think about the child's sensory environment – do they normally respond well to being outside? Does their favourite music help to lift their mood? Without forcing changes, it can be helpful to make some background changes to the environment to promote an improvement in mood.
- Good nutrition, exercise and sleep can impact on a young person's mood. Making the home environment conducive to sleep can be something a parent can often influence (regular bedtimes, a routine, some quiet time, devices out of the bedroom are all shown to have a positive impact on sleep).

Don't forget yourselves! Children can feel reassured if they know that their parent or carer is also supported and it's great role modelling to take care of your own mental health.



*Parent/Carer
Mental Health*

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



*More about
low mood!*

For any urgent mental health concerns contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example, if medical attention is required.