

Wellbeing Package

Support for families coming back into school

In this pack you will find some suggestions to help at this time. Feel free to use some of the ideas if you feel they are needed, whatever your personal situation. This will look at:

- How to identify my child is struggling
- How to deal with worries and build resilience
- Support tools for families

What you may see in a child who is struggling:



What might my child be worrying about?

- Friendships
- Tests or exams
- Family
- Workload
- School
- What they look like
- Covid-19



How can you help?

- ✓ **Identify the problem:** Always ask the children, don't assume you know what they are worrying about, it may surprise you.
- ✓ **Avoid rushing in to fix the problem.** Allow them to think through the problem to see if they can come up with a solution.
- ✓ **Reframe the problem:** Ask how would Dad solve it? How would your sister solve it? Change the perspective on it.
- ✓ **Normalise the problem** - visualise the problem, what is causing the worry? What does it feel like? What can we change? What can't we change? (See tools below)
- ✓ **Be a constant presence.** Sometimes children are not ready to talk, let them know you are there when they are ready. Or offer a different adult?
- ✓ **Encourage risk taking.** Once you have your safety measures in place, allow children to make mistakes and try, it is how they learn.

Books for further reading/support:

The Huge bag of worries by Virginia Ironside

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner

From Timid To Tiger: A Treatment Manual for Parenting the Anxious Child by Sam Cartwright-Hatton, Ben Laskey, Stewart Rust and Deborah McNally

Visual Tools to help!

Number line/Scales

All children are different, make sure you support as needed. You need to balance challenge and resilience. They will show you where they are, if you imagine a scale of 1-10, what other support could you give if they need it.



OK! I will try.

This is too hard! I want to give up.

Please help!
Enough!

Great! Let me know if you need help.

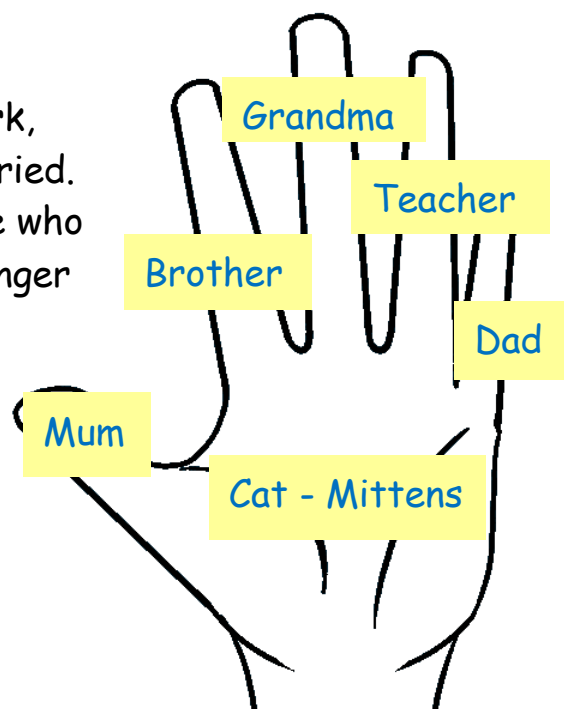
Ok. Let me help you.
Which part is difficult?

Ok. Let's leave this for now. We can think of a different way together.

Helping hand

Remind children of their support network, who they can talk to should they be worried.

- Children write the names of people who they trust to help them on each finger
- They could put their pet or religion in the palm



Stress Bucket

We all have a bucket, some people have a small bucket some people have a large bucket. Drawing it out can help a discussion.

Ask: What are you worried about?

Draw worries on the bucket.

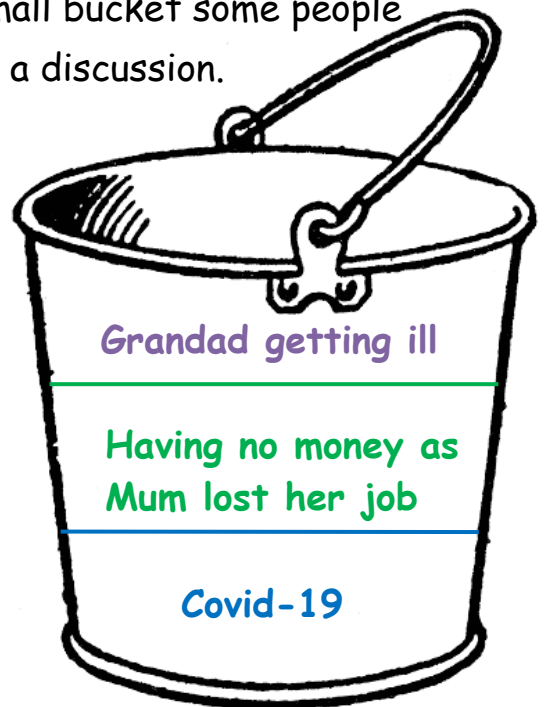
Covid-19: Try practising handwashing, measuring 2m, make a face mask.

Money: That is an adult worry,

Let's take that away. It's my job!

Grandad: Let's talk to him on zoom.

Make him a cake and drop it over.



Think about...

- What needs my urgent attention?
- What can I change?
- What can't I change and need to accept?
- Who can help me?

★ You could also make a bucket of happiness.

Worry Time

Sometimes it can get too much and children cannot stop worrying.

We need to help them refocus.

Explain worries are like tomatoes the more you water them the more they grow. (See book references below)

- Schedule talk time
- Discuss some self-calming strategies
- Make a worry box - children write or draw their worries and save them for talk time
- Allow children time to explain why they are worried - set a time limit
- Discuss options to solve the issues
- Explain sometimes there are things we can't change and we need to do something else.





Children benefit from consistency. Make sure that you have discussed and agreed things as a family. This will make the child feel empowered and safe.

