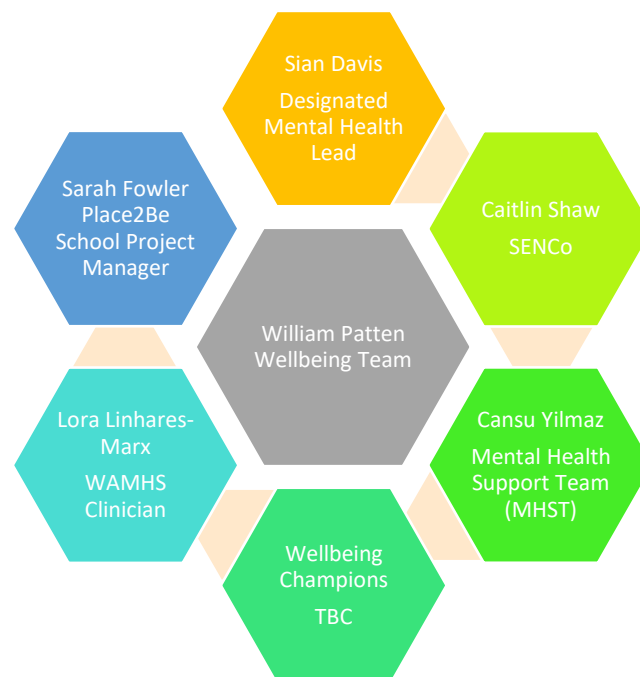


## WAMHS Newsletter

**NEW WAMHS NEWSLETTER!** “Welcome to the new WAMHS newsletter! The purpose of this monthly newsletter is to share information about emotional wellbeing with all parents and carers of children at William Patten Primary School. We hope you enjoy the newsletter and find the information helpful. If you have any specific areas you’d like some resources for, please get in touch with a member of the Wellbeing Team.” *Lora Linhares-Marx, Child & Adolescent Psychodynamic Psychotherapist and Specialist Mental Health Nurse.*

### Meet the Wellbeing Team...



### Parent Well-Being – Putting your oxygen mask on first.

In order to be able look after others, it is important to take care of ourselves first. Whilst it is easy to say in practice, this can feel hard to put into practice, but the benefits of recognising our own emotional wellbeing needs is all part of modelling self-regulation that can help child development. In this 1<sup>st</sup> Edition of the WAMHS newsletter we hope to provide you with some ideas for developing your well-being tool kit!

## Are you covering your BACES?

Try to develop a routine using these principles:

**BODY:** Exercise/keep active, eat healthily, get enough sleep, plan rest times.

**ACHIEVE:** Celebrate your achievements, give yourself praise, notice the positives, set yourself realistic goals, and acknowledge the small things.

**CONNECT:** Get involved with your community, connect through hobbies/activities, find time for family and friends, schedule video chats, do nice things for others.

**ENJOY:** Find time for things you enjoy! Feeling stuck? What did you enjoy as a child? Give those things a try! Can you bring elements of playfulness into mundane tasks?

**STEP BACK:** Find time for relaxation, mindfulness, yoga. Pause and take a breath.

Free app of the month:  
**Smiling MINDS**

## FUN FACT

Studies show that connecting with others and doing 10 minutes of stretching can boost the immune system & improve well-being!

## Ideas for covering your BACES

HIIT Workout, YouTube Yoga, go for a daily walk, cycle or run.

For free yoga check out: [www.yogawithadriene.com](http://www.yogawithadriene.com)

Get creative – try drawing, creative writing, writing a letter, learning a new language, a new skill, cooking a new recipe.

Connecting with others using video calls, phone calls – making a virtual quiz

Taking 5 minutes out for yourself when feeling overwhelmed and stressed

Try some calm breathing techniques

Having a bath at the end of the night to wind down

Remembering to balance screen activity with time off screen

## Creating a WELLBEING TOOLBOX with your child


Now that we're taking care of ourselves, it's time to think about how to support our children to cover their BACES too. A fun way to do this is to create a well being box - these boxes can be a great way to manage tricky feelings and help children feel more relaxed.

These boxes go by many names e.g. self-soothe box, comfort box, happy box – your child can choose the name. Your child should take the lead on making the box, but you can support them using some of the ideas below.



**BREATHING TECHNIQUE OF THE MONTH – Cut me out and put me in your box!**

## BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

**BODY:** Tennis ball, skipping ropes, draw a picture of exercise or yoga to remind you! Eat your fruit and veg, but it's OK to add a nice chocolatey snack too!

**ACHIEVE:** Puzzles, games, school work, an instrument, crafts to complete, books to read, build with Lego, create with playdoh Parents - remember to look out for positives and give lots of praise!

**CONNECT:** Speak to friends online, on the phone or via video call. Schedule in special time and play! Add pictures of friends or special time tokens to the box.

**ENJOY:** What do they enjoy? Dancing – add music, baking – add a recipe, holidays – add photos.

**STEP BACK:** Encourage children to engage in mindfulness and relaxation, this is a great family activity too. Add note cards or pictures to the tool box.

### TOP TIP

Wellbeing toolboxes aren't just for kids!

Creating these as a family is a great way to connect, have fun and to encourage taking care of each other (family members can suggest ideas for each other).

Please send any feedback or suggestions for future newsletters FAO WAMHS via the school office  
- [admin@williampatten.hackney.sch.uk](mailto:admin@williampatten.hackney.sch.uk)