

Health, Happiness and Emotional Wellbeing in your child's early years



Supporting children with transitions
through life, helping to understand
their feelings and emotions through
everyday challenges



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Why it's important

When children have good levels of wellbeing it helps them to:



Learn and explore the world



Feel, express and manage positive and negative emotions



Form and maintain good relationships with others



Cope with, and manage, change, setbacks and uncertainty



Develop and thrive.





What affects children's wellbeing?

Children present with, and will be exposed to, a range of factors in their lives that can affect their mental health and wellbeing.



These come in many forms and may be the result of:

- The child's individual characteristics
- Being exposed to traumatic experiences
- Changes in relationships with families or friends
- Broader society.

A child's mental health will be influenced by many things over time and, because children have different personalities, they will react and cope with challenging situations in different ways. **Not all children who are exposed to such things will develop mental health difficulties**, but the way a child thinks and works will impact on who they are.



How can I help?

Promote healthy behaviour and wellbeing:



Limit screen time (e.g. computer use for non-homework, watching television, DVDs etc.)



Encourage physical activity



Encourage healthy eating and diet.



Promoting positive Wellbeing for children



We asked “What do you enjoy doing most with Mummy or Daddy?”

“Playing with my cars”
“Playing pool”
“Mummy picking me up and cuddling me”
“Reading a story with me”
“Anything”
“When we go for a walk and play together”
“Playing a board game”
“Having fun together”
“Making cupcakes”
“Snuggling together”

“Watching a film”
“Building Lego”
“Going in my electric car”
“I love helping Mummy or Daddy to train our puppy”
“Playing board games”
“Going on a bike ride”
“Making and playing with slime”
“Colouring or making things”
“Playing a game or football”
“Going to the park”

“Making things out of cardboard”
“Going to the park with Mummy and Daddy”
“With Mummy I like playing netball and Daddy, Football.”
“Playing in the garden”
“Helping Daddy”
“Whistling with Daddy”
“Playing on my PS4 all day with Daddy”



We asked “What do you look forward to doing just before bedtime?”

“Mummy and Daddy give me a kiss”
“Having a story”
“Watching the Greatest Dancer”
“Playing with my iPad”
“Cuddling Mummy or Daddy”
“Having a bath”
“Listening to a story”
“Snuggling in bed with Mummy”
“Reading books”

“Reading stories with Daddy”
“Reading a bedtime story with my Mumm”
“Hiding from Mummy with Daddy”
“Having a huggle time”
“Playing with my Barbie dolls”
“Getting all my things out”
“Spending time with Mummy and Daddy”
“Having ‘chatting time’ in bed”
“Listening to a story”

“Playing in mu cupboard”
“Seeing my Dad”
“Having a bath”
“Asking Mummy to read me a story”
“Spending time with Daddy”
“Listening to my Mum read me a story”
“Watching a movie”
“Playing”
“Giving my Mummy a kiss and a cuddle”



Overheard in the playground....



I love it when my mummy reads me a story

My Mum never reads to me

Oh my word, that's gruesome

Why is it gruesome?

Because you're missing out!





The importance of sleep

Sleep allows our bodies to carry out functions that are vital for our physical and mental wellbeing.

For children and young people, this means:

- Healthy growth
- Positive mood and sociability
- Better mental health
- Doing better at school
- Enjoying life
- Improved immunity and better recovery from illness
- Healthy weight.



How much sleep?

15-16
hours/day

14-15
hours/day

12-14
hours/day

10-12
hours/day

10-11
hours/day

8-9
hours/day



1-4
weeks



1-12
months



1-3
years



3-6
years



7-12
years



12-18
years

Whether 2, 5, 12 or beyond, children will often find themselves awake at night, or having difficulty getting to sleep in the first place. This could indicate they are anxious or worried (about being alone, the dark, or imaginary monsters etc.). Having a routine and structure can help to overcome some of these anxieties.



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Just love....



Go and love your children exactly as they are.

And then, watch them become the truest, most wonderful, version of themselves.

All they need, all anyone really needs, is to feel loved and appreciated for exactly who they are.



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Ten ways for parents and teachers to help children cope with change

Work together

Share ideas about how to:

Create action plans, have a problem-solving approach, enjoy achievements, be forward looking, show them that we can all get things wrong

Be calm

Try to stay calm whilst your child is feeling distressed.

Your child may show:

Highs and lows, melodrama, anger, blame, self-centredness

Get learning

Be involved, find out more and talk about:

Social media, internet benefits and dangers, new music, language and slang, current affairs, what it's like to be young in the current world

Choose health

Know what affects your child, what makes them grumpy, hyper, disconnected...

Do they need snacks throughout the day? Do they need lots of sleep? Do they need to get out and about and do exercise? Do they need time alone?

Trust that you know your child and given them the basics that they need to cope with difficult days

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Move on up

Encourage independence:

Help them to move positively from child identify towards teen identify, increase their responsibilities, be positive whenever they act maturely.

Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back

Be wise

As they discover new things, try to:

Be interested, be non-judgemental, guide, give boundaries, see if from all sides, listen to their point of view, choose your words carefully, act on warning bells

Be the anchor

In times of change you are:

Constant, family, familiar, routine, in-jokers, irritating, comforting, home

Have fun

Provide lots of light relief:

Be silly, be embarrassing, play games, laugh together, do stuff together, make jokes, make things, be outside

Look after yourself

Support yourself, to best support your child:

Lean on friends, offload on other family, find 'me time', see the GP, relax, exercise, sleep well, eat well, remember tomorrow is a new day

