



Children's Mental Health Parent Support Guide



1 - Children's Mental Health Week 2021

This week is **Children's Mental Health Week**.

This year's theme is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

In this document you will find a number of resources you can use this week as well as at any time to support you and your family with the mental health of your child.



2 - Resources from Children's Mental Health

You can find lots of tips for parents and activities to do with your children which is part of the Children's Mental Health Week website.

[Parents and Carers - Children's Mental Health Week 2021](#)



3 - Super Mood Movers Videos

This page contains ten new Super Mood Movers videos, created in partnership with Children in Need and the Premier League, to enhance the wellbeing of your class with irresistibly catchy songs and easy-to-follow dance routines.

[Super Mood Movers - BBC Teach](#)



4 - EYFS/KS1- Feeling Better

A collection of clips presented by Dr Radha Moghil that explore a whole range of feelings and emotions, as well as providing talking points and tools to feel better.

[EYFS / KS1: Feeling Better - BBC Teach](#)



5 - The Brain Lab- KS2

A collection of short films on mindset and mindfulness. Five of the films introduce us to one of the five steps to wellbeing, with the sixth film 'The Brain House' using animation to look at what is happening inside our brain when we feel 'big' emotions.

[PSHE KS2: The Brain Lab - BBC Teach](#)



6 - Every Mind Matters- Parent Support from the NHS

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy.

Some children and young people have enjoyed being off school, while others will have really struggled – with the coronavirus outbreak keeping them at home and away from friends. Others may be coming to terms with family problems, loss or changes to their living situation.

With nationwide and local restrictions being regularly reviewed, they may also have to deal with self-isolating because of an outbreak in school or another period of school closure, or have worries about getting or passing on the virus. It's still uncertain what further changes we all may face.

Feelings like these will gradually ease for most, but there are always steps you can take to support them emotionally and help them cope with problems they face.

There's support available if you feel you or they need it. (Click the Link)

[Children's mental health | Every Mind Matters | One You \(www.nhs.uk\)](#)



7 - NSPCC Support

[Mental health and parenting | NSPCC](#)

Coronavirus has changed lots of things about family life. And we know that some parents and carers might be worried about how to manage stress and changes to their daily routines. It's important to remember that everyone copes with change and stress in different ways. We've got some hints and tips you might find helpful.