

The background features a dark blue gradient with faint, light blue concentric circles and a scale-like graphic. The scale has numbers ranging from 140 to 260, with major ticks every 10 units and minor ticks every 2 units. The text is overlaid on this graphic.

CLEARMINDS EDUCATION LTD

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BENGEO PRIMARY SCHOOL

TANA MACPHERSON

MENTAL HEALTH IS...

The capacity to live a full and productive life and the flexibility to deal with its ups and downs

In children it is especially about the capacity to....

- Learn

- Enjoy friendships

- Meet challenges

- Develop talents and capabilities

**SO WHAT IS
THE ISSUE
ABOUT
CHILDREN AND MENTAL HEALTH?**

...BRITAIN'S CHILDREN ARE A TICKING
TIME BOMB....

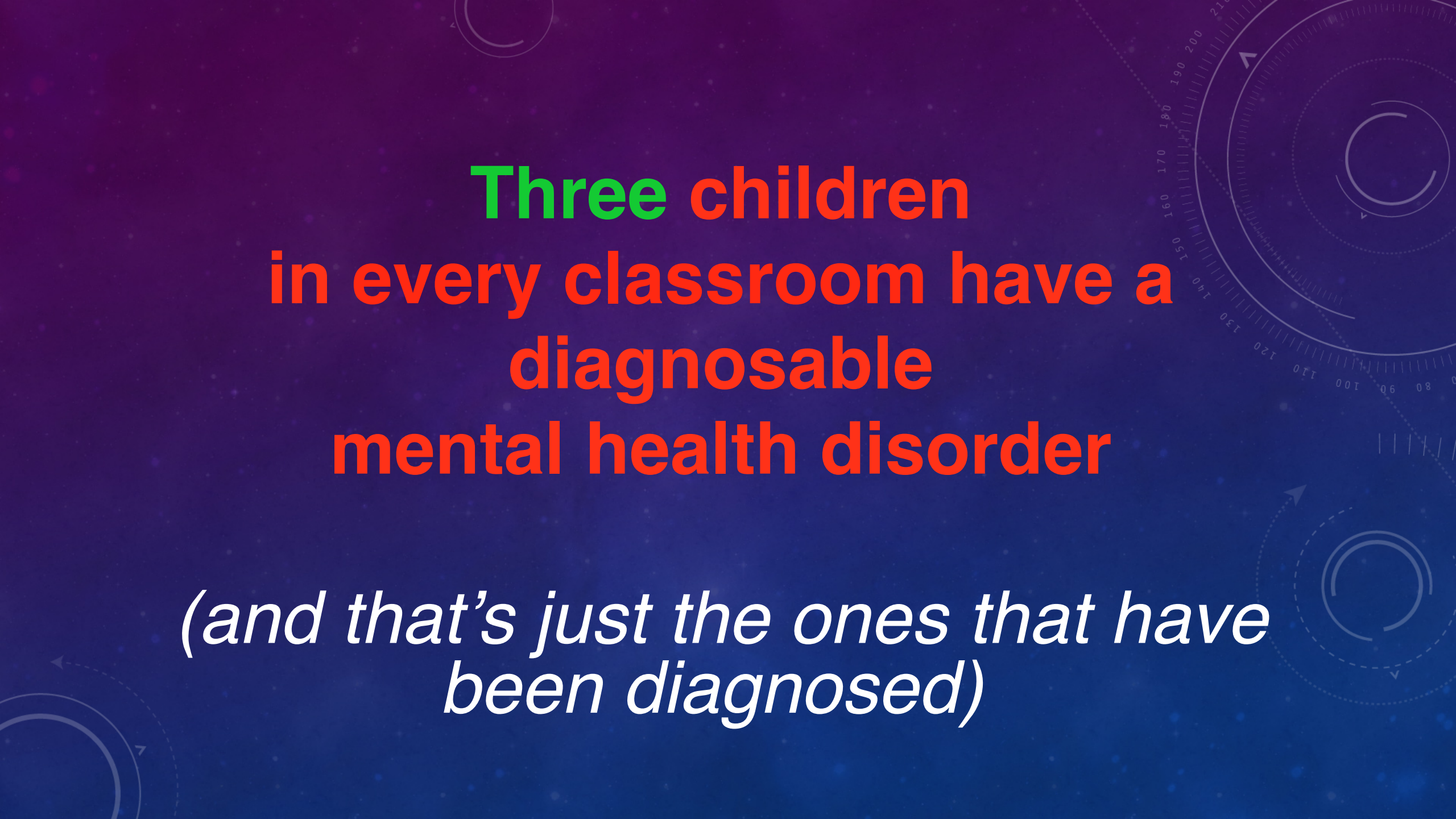
Why?

THE PROBLEM

850,000 children
in the UK today
(the equivalent to the entire
population of San Francisco)
have
mental health problems

Nearly **80,000** children
and young people
suffer from
severe depression

8,000 of these are children
under 10 years old



**Three children
in every classroom have a
diagnosable
mental health disorder**

*(and that's just the ones that have
been diagnosed)*

50%

of **all** adult mental health illness
(bar dementia)
is embedded

by the age of 14 and

75%

by the age of 18

DID YOU KNOW?

One in 10 teenagers
bullied at school has
tried to take their life

COMMON CAUSES OF MENTAL HEALTH PROBLEMS IN CHILDREN

Abuse

Academic Expectation

Bereavement

Body Image

Bullying / Cyber-Bullying

Divorce/Separation

Electronic Devices/Internet Accessibility

Low Self-Esteem

Parental Expectation

Parenting

Poor Communication

Social Media

Violence

WHAT MIGHT
SIGNIFY A
CHANGE IN
MENTAL STATE ?

Behaviour problems in preschool or daycare

- Hyperactivity way beyond what the other kids are doing
- Trouble sleeping
- Persistent nightmares
- Excessive fear, worrying, or crying or aggression. *(Because it's often within a child's nature to disobey or intrude on a playmate's space, an excessive degree of this behavior is what should concern you, such as deliberate destructiveness or hurting peers or animals).*
- Lots of temper tantrums all the time
- Persistent difficulty separating from a parent. *(Whilst many children experience separation anxiety at first; there could be a problem if this goes on for months).*

Later signs of mental health problems arising in children

- Excessive fears and worries
 - Extreme hyperactivity
- Sudden decrease in school performance
- Loss of interest in friends or favourite activities
 - Loss of appetite
 - Sudden changes in weight
 - Excessive worry about weight gain
- Excessive anger or overly physical behaviour
- Counting things like words or steps or obsessive behaviour patterns
- Self-harm – like pulling hair out, making scratches
 - Sudden changes in sleep habits
 - Visible prolonged sadness
 - Substance use or abuse
- Seeing or hearing things that are not there

The Government Recommended 'Five Ways To Wellbeing' are.....



CONNECT.....WITH PEOPLE AROUND YOU

Family

Friends

Colleagues

Neighbours....

....at home, work, school or in your local community

These are the cornerstones of your life.

Invest time in developing them.

Building these connections will support and enrich you
every day.

KEEP LEARNING

Try something new

Rediscover an old interest

Sign up for that course

Take on a different responsibility at work

Fix a bike

Learn to play an instrument or how to cook your favourite food

Set a challenge you will enjoy achieving

Learning new things will make you more confident as well as being fun

TAKE NOTICE

Be curious

Catch sight of the beautiful

Remark on the unusual

Notice the changing seasons

Savour the moment, whether you are walking to work, eating lunch
or talking to friends

Be aware of the world around you and what you are feeling

Reflecting on your experiences will help you appreciate what matters
to you

BE ACTIVE

Go for a walk or run

Cycle or swim

Play a game

Garden

Dance

Exercising makes you feel good

Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness

GIVE

Do something nice for a friend, or a stranger

Thank someone

Smile

Volunteer your time

Join a community group

Look out, as well as in

Seeing yourself and your happiness, linked to the wider community
can be incredibly rewarding and creates connections with the people
around you

ALL CHILDREN NEED...

- **to know they can talk about issues and TRUST it will be handled appropriately** (i.e. not brought up in front of others e.g. in class or other family members)
- **to be listened to properly - and effectively**
- **to have space to relax from pressures**
- **to have a safe space to go to, that is understood by pastoral staff and by the family**
- **to have something to excel in - at home and at school**

How can you help?

YOU NEED TO..

- **TALK REGULARLY** and **OPENLY** with your children about mental health
- **LISTEN properly** - and without lecturing
- **RESIST** any urge to **criticise** or pass judgement
- **OFFER YOUR SUPPORT** - fully and unconditionally
- **RECOGNISE** that those with the biggest smiles, are often hiding the worst struggles
- **ASK** your children what pressures they experience at home and at school

- **Be GENTLE but PERSISTENT** - they may shut you out at first: talking about issues can be very tough
- **VALIDATE THEIR FEELINGS** - acknowledge their pain and sadness rather trying to talk them out of their mood or depression
- **AVOID giving ULTIMATUMS**
- **AVOID COMPARISON with the achievements of siblings:** highlight the positives and achievements of each
- **ENCOURAGE them to seek medical help** - with your support and explore what this means with them
- Be **OPEN** and **HONEST** about **YOUR OWN STRUGGLES**
- **Put Down Your PHONE** and pay your child attention!

- Take charge
- Don't clip your child's wings
- Remember that discipline is not punishment
- Pick your battles
- Play with your children
- Read books together
- Make warm memories
- Be a good role model
- Fess up when you blow it
- Acknowledge your child's strong emotions

- Give yourself a break
- Trust your gut – your intuition about your child's health and wellbeing are usually right
- If you have to say "No" – mean it!
- Don't accept disrespect from your children
- Ask three YOU questions every day such as "How did YOU feel at school today?"
- Don't ask "What did you do at school today?" – Ask – "What did you LEARN at school/in maths/during sport.... today?" – it usually elicits a better answer!

- Always tell the truth
- Give appropriate praise
- Cheer the good stuff
- Don't try to fix everything
- Talk about what it means to be a good person
- Explain to your kids why values are important
- Show your child how to become a responsible citizen
- Praise effort – not just results
- Get your child out in nature every day if possible
- Let them get wet and dirty and explore the world outside
- Be AUTHENTIC

- Whatever their age, be silly with your children – build camps, play games, dance wildly – they really will appreciate you for it
- Teach your child how to be Mindful and to practice Mindfulness Minutes every day
- Focus on the things you would rather see them doing rather than what they have done wrong
- TALK *through* problems - don't talk *about* them

- In any activity- applaud their efforts (to do their prep, to answer questions In a test even if they are wrong, to practice an instrument even if it sounds awful) - so your child has the confidence to at least try
- Help your child to break down into small chunks, any activity that makes them anxious or afraid and help them to tackle the challenge just one step at a time. *Anyone can eat an elephant, as long as they do so, one mouthful at a time!*
- Listen and support if they clearly indicate they can't do something - don't just walk away - saying "of course you can; don't be silly".
- Make an Anxiety Jar with your child and encourage them to spend time watching the glitter settle whenever they are anxious, angry, frightened or in any other state of distress
- Don't forget the importance of FOOD! Kids use up loads of energy and need regular meals and healthy snacks. Bad temper and rudeness when returning home from school is often caused by low sugar levels – provide healthy snacks as soon as you pick them up from school.

And finally – it is vital that you look after YOU first!

If YOU are stressed, anxious, exhausted, distracted, on your phone all the time, thinking about work or other issues all the time, suffering any mental or physical ill-health – you cannot help but impact on your child's wellbeing

Make Mindfulness/Meditation part of your daily routine – always

Make time for YOU to following the Five Ways To Wellbeing

Self-care is critical in order for you to support your child

Make time to rest well, to do daft things, to eat well, to exercise regularly, to put down your phones, to go on date nights with your partner, to eat as a family, to spend time just playing with your children.

ClearMinds offers the following services for parents and children:

- One-to-one coaching/therapy for children and teenagers – and also available for parents
- Family therapy: enhancing positive communication and relations and building emotional resilience
- Variety of highly effective therapies that release emotional concerns such as Trauma, Anxiety, Phobias and Fears, Anger, Sadness and Depression very quickly and effectively. Those choosing to opt for Psy-Tap (Psycho-sensory Techniques and Principles) will find the above issues released in just one session with little emotional attachment to any prior issues being evident thereafter.
- Six Week courses for parents (2 hours per week) or whole weekend courses, to provide parents with the best possible tools for enhancing your child's emotional resilience, ensure effective communication within the family and calm all the typical issues experienced in most families such as toddler or teenage tantrums, refusal to co-operate, overly emotional responses, anxiety and the widest range of personal issues. The course is also facilitates finding out where you are on the stress scale and provides self-care tools and personal development for parents too. 10-20 participants per course ensures individual attention. Special price for Bengo parents £175 per head (less than £15 per hour – yet so powerful it could change your child's life - and yours!!).

FURTHER INFORMATION

ClearMinds: www.clearminds.org

Young Minds : www.youngminds.org

Mind : www.mind.org.uk

The Samaritans: www.samaritans.co.uk

NHS : www.nhs.uk

Mental Health Foundation : www.mentalhealth.org.uk

Papyrus : Prevention of Young Suicide: www.papyrus-uk.org

Charlie Waller Memorial Trust : www.cwmt.org.uk

Child and Adolescent Mental Health : www.camh.org.uk

Nightingale Hospital London (private mental health) : www.nightingalehospital.co.uk

Thank You for Participating in this Presentation

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