

# MENTALLY HEALTHY MOUSEHOLE

Positive News | Mental Health Awareness | Our Community

## The Parenting Portal

As we all know, parenting is not an easy job! No-one becomes a parent knowing all the answers and it is the biggest, most stressful and yet the most important responsibility we will ever take on. Cornwall Council run a Parenting Portal with podcasts, one off bite-size sessions as well as more in-depth parenting courses. You can also find information on the local SEND offer, the Family Information Service and Family Hubs. Visit [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting) to find out more.

## Floyd Steadman - motivational speaker

This week we were lucky enough to have a visit from Floyd Steadman who spoke about his life and the challenges he faced as a young black boy growing up in care in London in the 1960s. He went on to have a very successful career as a rugby player and head teacher and told the children that he knew at a young age that his way out of a difficult life was by working hard at school and by giving kindness back to world rather than anger. His was a story of great resilience and how we can overcome adversity and we were very impressed with the children's mature approach and thoughtful questions.



## How to Grow Our Children's Self-Regulation

Self-regulation is the ability to manage your emotions and behaviour in accordance with the demands of the situation. It includes being able to resist highly emotional reactions, being able to calm yourself down and to handle frustration. As babies, humans cry to ask for help and to ask their adult to problem-solve for them and, as children grow, they learn to do this themselves by modelling adult behaviour and by growing in confidence and feeling that, if they do have an insurmountable problem, their adults will be around to sympathise and help. People with good self-regulation skills cope better with stress and anxiety because they listen to their inner voice on how to solve a problem instead of panicking and becoming angry or sad. We also know from research that children who are taught to self-regulate generally have more academic success, better physical health and more rewarding and positive relationships. Self-regulation is not a final point in children's development but a





## Mental Health Ambassadors

We've now had two terms of having Mental Health Ambassadors at school and have been really enjoying all the positive news children bring to assembly each week. We've had stories of children being brave, of trying new things and many, many examples of children being kind to each other and looking out for each other in the playground. By highlighting all the lovely things our pupils do for each others, it has been encouraging everyone to notice positive things, to be mindful of how lucky we are to have such a supportive school community and motivating children to look out for each other in the hope that they'll get a mention too! One of the really special things about Mousehole School is how close-knit the pupils are and how they play happily across year groups, genders and other differences and celebrating this every week is really special.



journey and they learn it gradually through many sources and strategies. A key source is through imitation of the adult role models in their lives and through that feeling of safety and security that their adults provide. To help our children, we can reflect on our own self-regulating activities, do we pause and take a deep breath before reacting, can we visualise how to solve a problem or find someone to talk it through with if we are struggling?

The following key strategies can help our children continue to develop their own self-control:

- **Get down on their level** - kneeling or crouching creates safety and helps a child to feel heard
- **Give empathy** - language such as "I can understand that must be really upsetting for you" rather than just trying to fix the problem helps children to recognise their emotions
- **Give them time** - remain open to their perspective and experience by giving them time to talk. Reject the idea that their emotions can be changed or "fixed" for our own convenience.
- **Let them play** - All children and young people need unstructured time and fresh air. Although giving children screen time can seem like the easy option when they are small, the more time they have to play independently, the better able they are to entertain themselves and think creatively as they get older (conversely then requiring less adult attention than those children who have had a lot of screens from a young age). By playing independently, children learn to be in charge of their own experiences and make independent choices without adult support.

