

MENTALLY HEALTHY MOUSEHOLE

Positive News | Mental Health Awareness | Our Community

Mental Health Service Parenting Workshops

Our local NHS Mental Health Service is running a series of online parenting workshops in January on Resilience, Sleep, Behaviour and Worry. As parents we don't always have the answer and sometimes a little support goes a long way so do check these out - leaflets on display in our outside noticeboard and available from reception.

Other helpful resources for parents

Following on from our NSPCC assemblies, parents can view a virtual workshop about how to support their child in the online world. This presentation covers topics such as online bullying, mental health and social media as well as signposting to further resources:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-groups-workshops/>

Cornwall council have a wealth of resources for parents on their website with links on language skills, parental separation, empowering podcasts, bereavement to name a few.

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/parenting/4-to-11-years/parenting-programmes-to-support-children-aged-4-to-11-years/>



What is a smartphone-free childhood?

Smartphones and children's mental health have been in the media a lot recently, with Australia last week passing a minimum age of 16 years old to use social media. A UK-based campaign called Smartphone Free Childhood (<https://smartphonefreechildhood.co.uk>) has gained a lot of press for encouraging parents to sign up to a pledge not to give their child a phone until 16 years old. The idea for this campaign is that most parents cite peer pressure as the reason for their child needing a phone and so, the more parents that agree to hold off on phones, the more that pressure is reduced. So what is the issue with smartphones and at what age should you give your child a phone? The mental health impact is the driving force behind this campaign with the huge increase of



Christmas News

The school tree is looking beautiful thanks to all your children's lovely homemade decorations and we are looking forward to the school fayre and the carol concert. Every year we are impressed by how brave the children are getting up to sing in front of such a large audience and feel that completing challenges like this is great for their self-confidence. Christmas is (not surprisingly) always more stressful than the John Lewis adverts so please don't put too much pressure on yourselves to buy 100s of gifts - the things children really remember are spending time with their families, walks in the cold, eating more chocolate than they're normally allowed and playing simple games together at home. Do let us know if you have any worries about the holidays as support is always out there.



cyber bullying, pressure from social media and exposure to explicit content at a very young age. Children are often far more tech-savvy than their parents and can get around parental controls. So what is the alternative? Parents still wish to be able to contact their children especially when they are travelling to school alone for secondary school and the popularity of "dumb phones" have shot up. Who would have thought the trusty old Nokia would make a comeback! For anyone concerned about mobile use or interested in how many people have made the pledge in our area, do check out the link above or <https://www.instagram.com/smartphonefreechildhood>.

Sleep and lots of it!

You might be wondering what sleep has to do with mental health but it is surprising how many children don't get a good night's sleep. Without 10 hours of proper rest, children struggle to concentrate and find school more challenging, this then affects their mood and self-confidence. We all know getting children to go to bed is not always the simplest thing to do - make life easier by stopping all screen time at least 2 hours before bedtime, getting into a good routine where everyone is settling down well to read a book or hear a story half an hour before lights off. Audible or BBC Sounds is a great place to look for something for children to listen to if they struggle to wind down, especially if it is a story they have heard several times before! If you would like help with sleep routines, do sign up for the workshops mentioned above or ask to see Sophie, our family support worker.

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership NHS Foundation Trust

Parents and Carers - please join us at our 1hr online **Sleep Workshop**

Monday 3rd February - 11am & 4pm
Tuesday 4th February - 9.30am & 2pm
Wednesday 5th February - 9.30am & 1.30pm
Thursday 6th February - 11am & 1.30pm

This workshop aims to provide psychoeducation on sleep hygiene and sleep routines. Also includes practical strategies for helping children

To book a place please complete the online form [HERE](https://forms.office.com/e/7ac7qHLPhc) <https://forms.office.com/e/7ac7qHLPhc> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall

MENTAL HEALTH SUPPORT TEAM - MHST
Cornwall Partnership NHS Foundation Trust

Parents and Carers - please join us at our 1hr online **Resilience Workshop**

Monday 20th January - 9.30am & 4pm
Tuesday 21st January - 11am & 2pm
Wednesday 22nd January - 11.30am & 4pm
Thursday 23rd January - 9.30am & 1.30pm

This workshop aims to talk about the meaning of resilience, explore building resilience and look at how and when a young person should ask for help.

To book a place please complete the online form [HERE](https://forms.office.com/e/TE2UmBZrHK) <https://forms.office.com/e/TE2UmBZrHK> or scan the QR code

This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall