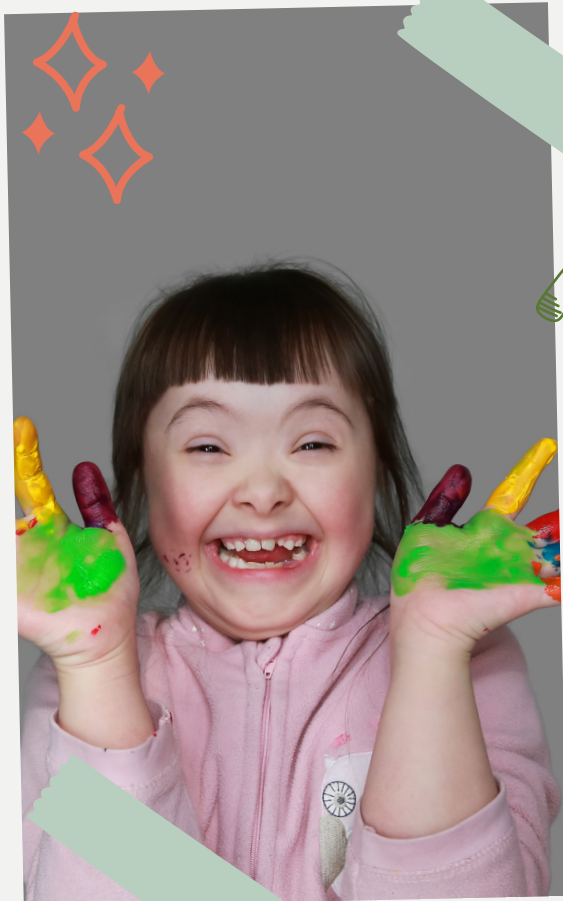
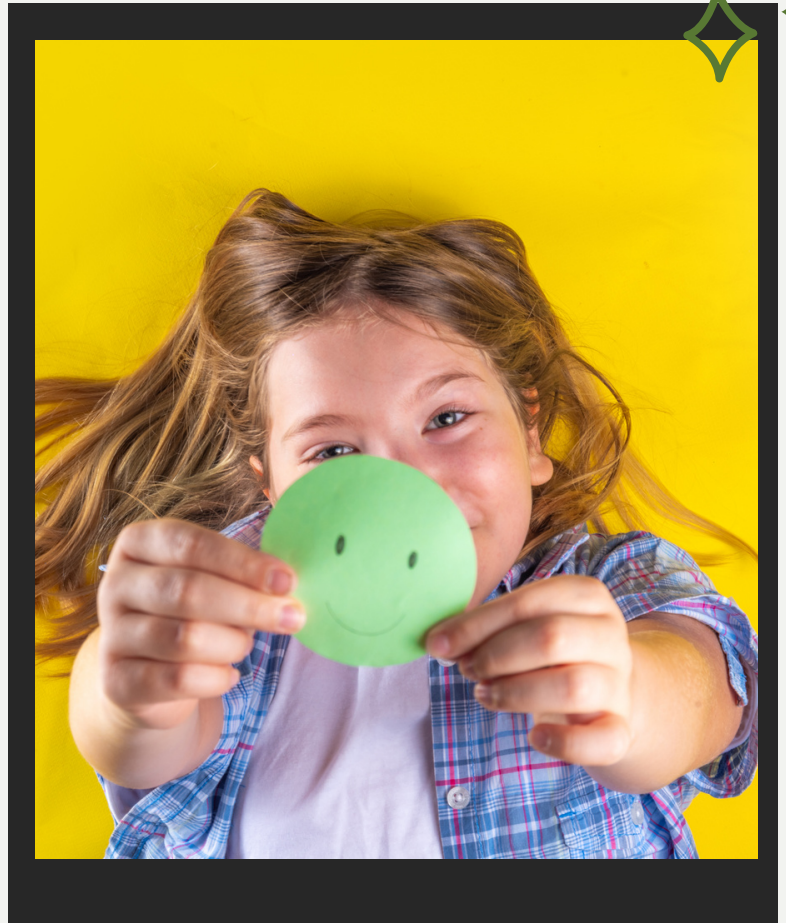


This month's wellbeing edition is linked to: World Mental Health Day - Promoting Well Being

World Mental Health Day on 10th October is a great reminder to look after our minds. Chatting with friends and family helps us feel happy and connected, while staying active boosts our mood and reduces stress. Simple activities like deep breathing or mindfulness can calm us down, and eating healthy foods with plenty of rest helps us feel our best. If your child ever feels worried or upset, encouraging them to talk can make a big difference. Let's all take small steps every day to support our mental health by staying connected and practicing healthy routines.



Top Tips this Month

- Encourage your child to talk to: Open up to friends or family about how you're feeling.
- Stay Active: Play outside or get moving with some exercise to boost mood.
- Encourage healthy eating: Fuel their body and mind with nutritious meals.
- Good boundaries around sleep will help mental health. This will help them to feel recharged and ready.
- Taking care of your mental health too, it is just as important as looking after your body!



"Useful Website!"

Looking after a child or young person's mental health

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy.

Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age.

Find out how you can help a child to have good mental health, including knowing how to talk to a child about their mental health, and when to spot signs they might be struggling.

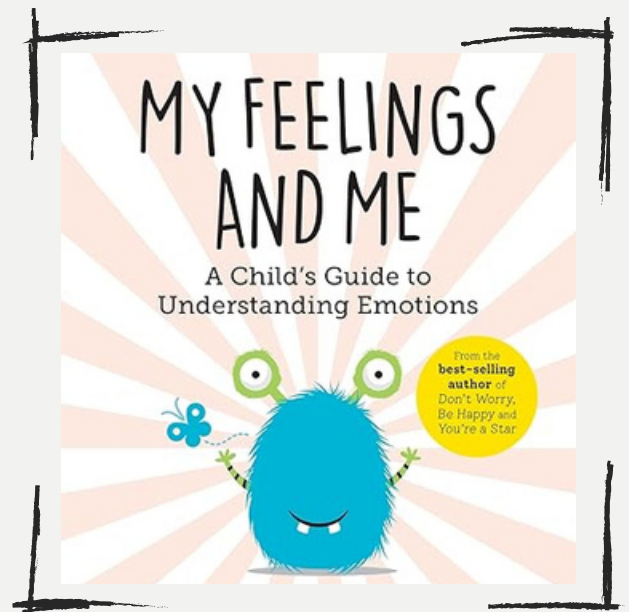
USEFUL APP OF MONTH:

Wellbeing apps for kids

Helping your child manage their health and wellbeing is a top priority for many, which is why so many apps exist for this. We have found some of the best and most popular wellbeing and mindfulness apps for you and your family.

From recognising emotions to practising meditation techniques, these apps offer a range of ways to manage wellbeing.

"Your mind is special, and taking care of it helps you stay happy and healthy. Don't be afraid to talk about your feelings!"



"Book of the month!"

This practical guide combines cognitive behavioural therapy and mindfulness methods with simple activities to help your child develop the skills to articulate their feelings and regulate their moods. It's aimed at children aged 7-11 because a lot happens in these years that can impact a child's emotional well-being, not just now but for years to come.

