

Parents/ Caregivers

This week Marion Street will be bringing awareness to Children's Mental Health Week.

The theme this year is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. As parents and carers, you play an important role in your child's mental health. This year, we want to empower children of all ages, backgrounds, and abilities to work together to create a positive change for their mental health and wellbeing.

5/6 Mindful Monday: Students will be learning what mental health is while engaging in mindfulness activities in class.

5/7 Tune into your Feelings Tuesday: Students will be learning about the mood meter and understanding their feelings and emotions.

5/8 Wellness Wednesday: Students will be incorporating movement during lessons.

5/9 Thankful Thursday: Students will be engaging in activities about showing gratitude.

5/10 Be a Friend to Yourself Friday: Your voice matters. Students will be engaging in activities highlighting the importance of their voice and what matters most to them.

We ask that everyone wears green on Friday.

Please see the back with additional resources for families on how to speak to your child(ren) about mental health.

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



My VOICE MATTERS

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour – and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

BOOKS ABOUT MENTAL HEALTH FOR CHILDREN



- DONT FEED THE WORRYBUG BY ANDI GREEN
- HOW BIG ARE YOUR WORRIES LITTLE BEAR? BY JAYNEEN SANDERS
- BREATHE BY BECKY HEMSLEY & SISKI KALLA
- SPEAK UP, MOLLY LOU MELON BY PATTY LOVELL
- YOU ARE ENOUGH BY SOFIA SANCHEZ
- MY BODY SEND A SIGNAL BY NATALIA MAQUIRE
- THE BOY WITH BIG, BIG FEELINGS BY BRITNEY WINN LEE
- ANXIOUS NINJA BY MARY NININ