



## Focus: Recognizing & Supporting children's mental health

### Common warning signs of mental health issues include:

1. Sudden mood and behaviour changes
2. Unexplained physical changes, such as weight loss or gain
3. Sudden poor academic behaviour or performance
4. Sleeping problems
5. Changes in social habits, such as withdrawal or avoidance of friends and family.

### Tips to support a young persons mental health.

1. Be there for them and listen. Let your children know that it's ok to talk about their feelings and nurture the idea of being open.
2. Validate their feelings by taking what they say seriously.
3. Support them through difficulties while encouraging them to stay open.
4. Build positive routines with structure, plenty of sleep, healthy eating habits, regular outdoor time and physical activities.

For wellbeing and mental health support in Bucks

<https://tinyurl.com/undb2tz3>

## Wellbeing Facts

**56% of children who suffer with mental health conditions have access the help they need.**

**On average a child will have 20 days off school due to mental health by the time they hit 16 years old**

# 5 Ways to wellbeing

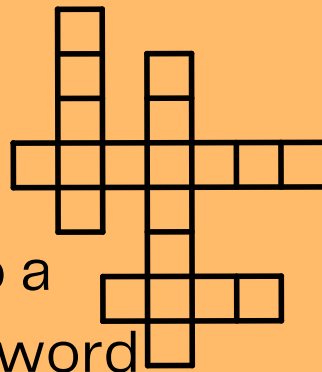
Give - Take notice - Be active - Connect

## Keep Learning



**LEARNING ISN'T JUST FOR SCHOOL. LEARN SOMETHING NEW - TRY SOMETHING DIFFERENT.**

Learn a new language



Do a crossword

Try a new food recipe.



Learn a musical instrument



Read a book or write a story

Join a new club or try a new hobby



Complete a jigsaw



OUR SCHOOL VALUES:

INCLUSION, PERSERVERANCE, HONESTY, RESPECT, RESPONSIBILITY AND COLLABORATION,