



Newsletter

The Contented Child

Welcome to our first newsletter—we are responding to demand from schools to offer support to those still at home learning and looking towards returning to school in September. Each newsletter shall have a different theme and we would encourage you to share it with friends, family and your school community. For further content, follow us on Facebook.

Our first topic is WELLBEING, and we are going to be sharing activities, articles and recommendations to help you to support your young people. NEXT WEEK will be an anxiety focus.



During Covid-19 you may have noticed a dip in your and your children's wellbeing. Children may have regressed and become clingy, had trouble sleeping or started sharing your bed once again. You may have seen behaviour or emotional dysregulation that you have not before.

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying to do these and incorporate them into your daily life will

enable you to feel more positive and get the most out of life.

Connect with other people, **be physically active**, **learn new skills**, **give to others** and **pay attention to the present moment** (mindfulness).

Gratitude Jar



Research has found that by identifying positives we can improve general wellbeing, increase resilience, strengthen relationships and reduce stress and depression.

As a family each input into the jar each day with what you are grateful for. In time it will become a recording of Covid-19.

USEFUL APPS

Mindfulness - Calm, Smiling Mind, Headspace, 3 Minute Mindfulness

Ideas for Boosting Wellbeing

TAKE NOTICE - Make a Feelings Diary, record your emotions and thoughts and identify your aims for the future.

CONNECT—Facetime or Zoom a family member or friend, send a letter or draw a picture and pop it in the postbox,.

BE ACTIVE—Go for a walk or a scavenger hunt, see how many bounces you can do on the trampoline, or skipping.

GIVE—Tidy your room, do a chore in your home, smile at someone in the street, pay someone a compliment and see how good it makes them feel!

LEARN— Choose a topic a week to learn about, it may be a country you wish to visit or a sport to try.

Books for Wellbeing

Yoga Babies—Fearne Cotton **We Are Family**—Patricia Hegarty and Ryan Wheatcroft **Pass it on**—Sophy Henn **You Are Awesome**—Matthew Syed **Mind Your Head**—Juno Dawson **Happy, Sad, Feeling Glad**—Yasmin Ismail

For more information on the services that The Contented Child offer, including webinars on a wide range of topics, for parents and educators visit www.thecontentedchild.co.uk