

## Time for You

As parents it can be only too easy to prioritise your child's needs ahead of your own. Try to make time for the things that are important to you.

- Healthy, consistent meal times
- Rest
- Trying new experiences
- Medical/dental appointments
- Spending time chatting with friends
- Having fun
- Time to 'unplug'
- Long, hot baths



## Contact Details

If you have any queries about your child's anxiety or mental health, please find a number of supports available to you

### School Contact

Named Person: Mrs Tracey McCulloch

Phone: 01501826707

Email: [enquiries@dykehead.n-lanark.sch.uk](mailto:enquiries@dykehead.n-lanark.sch.uk)

For more information see

- [Coronavirus \(COVID-19\) information specifically for children](#)
- [ES- Mental Wellbeing Wakelet](#)
- [Breathing Space : Helpline 0800 83 85 87](#)
- [Stress control: http://stresscontrol.org](http://stresscontrol.org)
- Elament: [www.elament.org.uk](http://www.elament.org.uk)

### Young People

- [Reach: My Learning and Support during Coronavirus](#)
- Young minds - 24/7 text support – Text YM to 85258
- Mind for better mental health Helpline 0300 123 3393
- [Young Scot Covid 19](#)
- Papyrus Hopeline - Focus on prevention of young suicides. Phone: 0800 0684141

### Parents/carers

- NSPCC – Helpline 0808 800 5000
- Young Minds Helpline for Parents 0808 802 5544



## ANXIETY AND MENTAL HEALTH

*Dykehead  
Primary  
School*



*"Determined Pupils Succeed"*



## Concerns about your child

We understand that many of you have concerns about your child in light of this unprecedented pandemic. Your child could be experiencing anxiety if you see signs of any of the following:

- distressed behaviours, such as withdrawal, risk taking, self-harming
- lack of access to protective factors, such as, familiar places, people, routine
- increase in anxiety or regression in mental health as isolation period progresses

This could lead to your own lack of confidence or capacity to feel that you are supporting your child with their anxiety/mental health or the resulting behaviour. You are not alone. Many of us feel like this too.

If your child's sleep is a cause for concern, see also our leaflet 'Sleep and Your Child'.

## Supporting your child

Imagine that every child has a cup that needs to be filled - with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cup
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do

## Good Mental Health Hygiene

**Nature can play a vital role in improving mental health.**

- Daily contact with nature is linked to reduced levels of chronic stress, reductions in obesity, and improved concentration, encourage your family to get outside every day, enjoy the fresh air and feel healthier together

**Small but powerful things can do wonders for you, and for your family.**

- Notice the good in the not so good
- Disconnect from social media
- Pause and take a deep breath
- Slow down and rest your brain and body

