
Parent Workshop

Wellbeing & Mental Health

January 2022

Welcome!

happy
healthy
parents
make
happy
healthy
children.

-Dr. Miriam Stoppard

How are you today?

What different emotions or feelings have you had today?

What is wellbeing?

“The state of being comfortable, healthy or happy”.

What is mental health?

“Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood through to adulthood”

"Challenging behavior occurs when the demands and expectations being placed upon a child outstrip the skills they have to respond."

Ross Greene

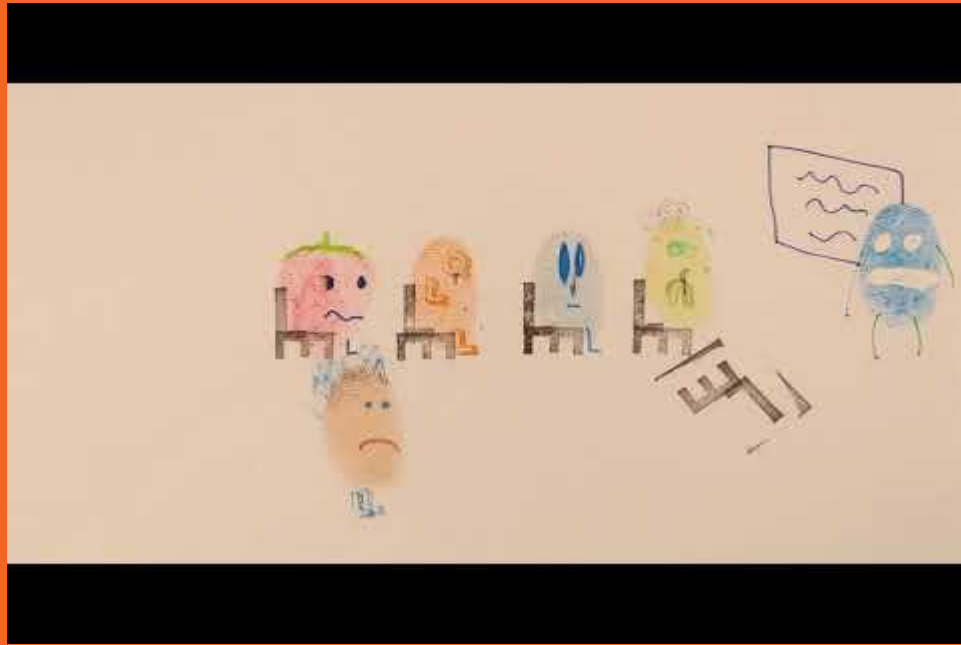


Every day in a hundred small ways our children ask, 'Do you see me? Do you hear me? Do I matter?' Their behaviour often reflects our response.

L.R. Knost



Talking Mental Health



Tools to help

- Practice self-care
 - Create healthy habits and routines
 - Be present, be mindful
 - Actively listen
 - Set boundaries
 - Be a positive role model
 - Help your child to talk about their feelings
 - The professionals
-

**BIC San Agusti
Mental Health and
Wellbeing Policy 2022**

-
- **Resilience**
 - **Self esteem**
 - **Confidence**
-

Resilience

...is the ability to bounce back after challenges and tough times. Resilient children can recover from setback and get back to living life. Children experience challenges and learn to deal with them positively. Strong relationships are the foundation of children's resilience.

Why is resilience important?

It's important mostly for our mental health. Building resilience in children helps them to overcome obstacles more easily and reduces the chances of them suffering from anxiety or other stress related disorders.

Confidence & Self Esteem

...to have confidence in our own worth and abilities - self respect

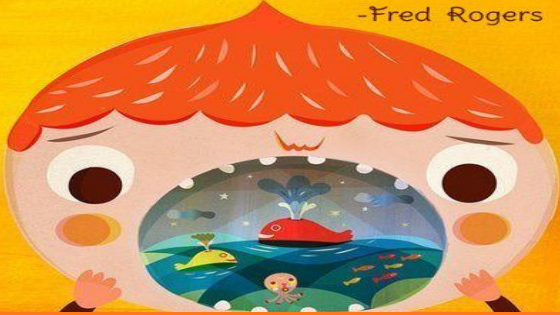


How to nurture your child's mental health

- Talk about feelings
 - Listen first, talk second
 - Discipline with respect, not shame
 - Ask about your child's day
 - Let them do things on their own/be independent
 - Model positive self care
 - Tell your child what you love about them/why you love them unconditionally
 - Be honest with them at an age appropriate level
 - Apologise to them if you make a mistake
 - Share personal stories to teach important lessons
-

When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers



Your children need your presence more than your presents.

Jesse Jackson



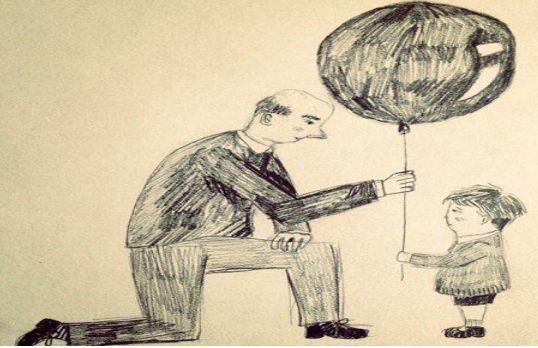
HealthyPlace.com

Your child's
mental health
is more important than
their grades.
Anything.

The Mind Journal

THE MIND JOURNAL

It is easier to build up a child than it is to repair an adult.



"When little people are overwhelmed by big emotions, it's our job to share our calm not to join their chaos."

L.R. Knost

PLAYFUL
Little Learners™