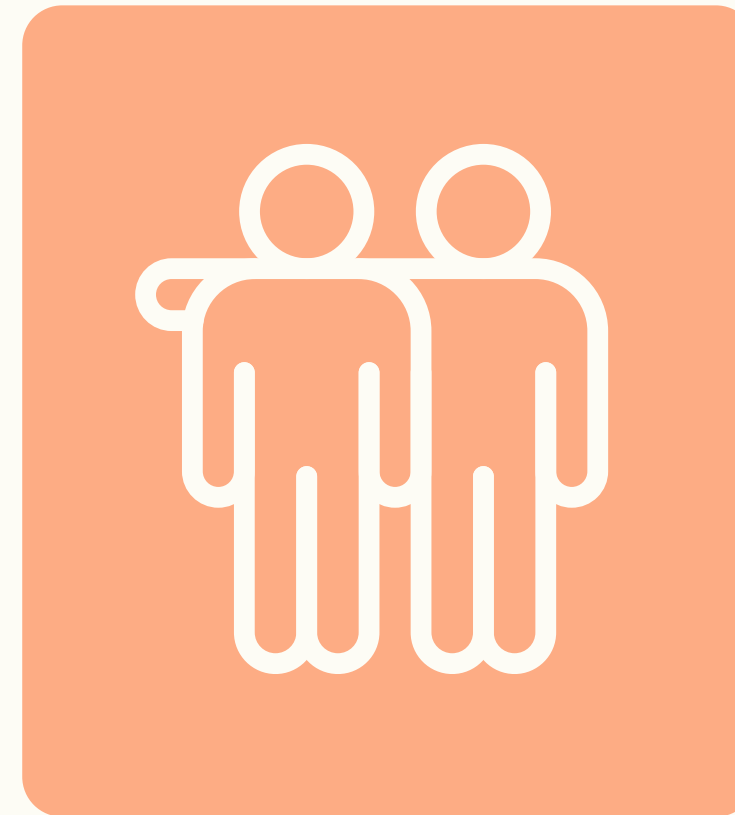


Seeds of Wellbeing



Lovington C of E Primary's Wellbeing Guide -
Issue Spring 2025





Welcome!

Welcome to the first edition of Seeds of Wellbeing! This newsletter is designed to support you in nurturing the wellbeing of your children both at home and at school. Each issue will offer practical tips, creative ideas, and resources to help foster a happy, healthy environment for your child to grow and thrive. We'll also share updates on courses and workshops that might be of interest, giving you tools to support your family's wellbeing journey.

Together, we can plant the seeds of kindness, resilience, and positivity that will flourish in our children for years to come.

We look forward to growing together!



Quick Links



[You're never too young to talk Mental Health](#)

[Self-Care is NOT Selfish](#)

[Free Parent and Carer Webinars](#)

[Art Activity: Know Yourself, Grow Yourself](#)

[A Jar Full of Gratitude](#)

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You're never too young to talk mental health



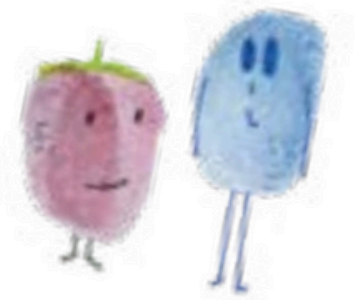
What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

1 Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2 Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

3 Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.

4 Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.



6 Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.

7 Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

8 Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.

9 Look for clues about feelings: Listen to the child's words, tone of voice and body language.

10 Some ways to start a conversation about feelings might be:
"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."



As parents and carers, you give so much of your time and energy to supporting your children, but it's important to remember that you can't pour from an empty cup. Taking care of yourself is not a luxury or an indulgence—it's a necessity. When you prioritise your own wellbeing, you're not just helping yourself; you're also modelling healthy habits for your children and creating a calmer, more positive environment for your family.

Self-care can look different for everyone. It might mean setting aside time for a quiet cup of tea, going for a walk, reconnecting with a hobby, or simply pausing to take a few deep breaths during a busy day. It's about giving yourself permission to rest and recharge so that you feel energised and present for your loved ones.

Remember, self-care isn't about being perfect or doing everything—it's about making space for what helps you feel good. By taking care of your own needs, you're showing your children that kindness begins at home, with ourselves.

Self-Care is NOT Selfish



After all, when parents thrive, children do too!

Free Parent and Carer Webinars

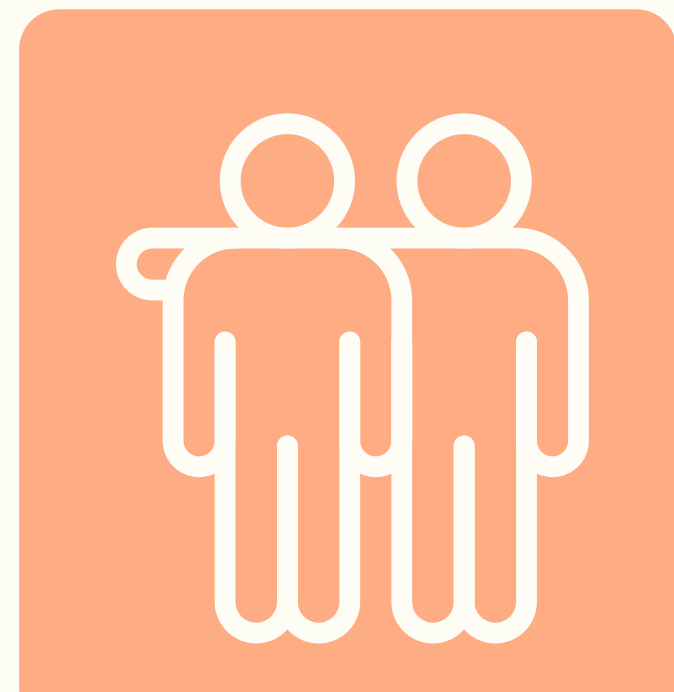


Hosted by Somerset's Mental health support team

1. Supporting your neurodivergent child
2. Supporting Exam & Test wellbeing
3. Helping your child to thrive: Boosting self-esteem & resilience
4. Understanding & Supporting anxiety & low mood
5. Supporting your child's big feelings



MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust



SUPPORTING YOUR NEURODIVERGENT CHILD

SUPPORTING THEIR MENTAL
HEALTH & WELLBEING IN A
NEUROTYPICAL WORLD

IN THIS 1 HOUR VIRTUAL
WORKSHOP HOSTED BY SOMERSET'S
MENTAL HEALTH SUPPORT TEAM,
WE WILL EXPLORE...

- How to support your child or teens's mental health and wellbeing in a neurotypical world
- Understanding your child/teen's neurodivergent experience
- Where and how to get further support



SUPPORTING EXAM & TEST WELLBEING



IN THIS 1 HOUR VIRTUAL
WORKSHOP HOSTED BY
SOMERSET'S MENTAL HEALTH
SUPPORT TEAM, WE WILL
EXPLORE...

- What might get in the way of wellbeing during exams and tests
- How our brain and body might respond to stress and overwhelm
- Ideas of how to support our children (and ourselves) before, during and after exams & tests.



[Click here for more information on dates and to book.](#)

HELPING YOUR CHILD TO THRIVE:

HOW TO BOOST SELF-ESTEEM & RESILIENCE

IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- What boosts our children
- How we can foster their strengths and talents
- How negative self-talk might get in the way
- Navigating friendships & relationships



UNDERSTANDING & SUPPORTING ANXIETY & LOW MOOD

IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- Why young people may struggle with anxiety & low mood.
- How to recognise anxiety & low mood in children.
- A range of strategies to support with anxiety & low mood.
- How and when to seek further support.



[Click here for more information on dates and to book.](#)

SUPPORTING YOUR CHILD'S

BIG FEELINGS:

AN EMOTION COACHING APPROACH



IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- How to support your child's and teen's feelings in the moment and for the future.
- You will go away with a range of strategies (including emotion coaching) to boost your child's, and your own, emotional resilience.



COMING THIS SUMMER!

A SNEAK PEAK AT THE WEBINARS YOU CAN EXPECT FROM US THIS SUMMER



- Supporting change and transitions (moving schools)
- Becoming bereavement aware
- Surviving and thriving over the summer
- Returning to school: supporting neurodivergent children during transitions
- Coping with anxiety & change

You had your say and we listened!
From the feedback we received we've developed these workshops to support you over the summer months.

[Click here for more information on dates and to book.](#)

Art Activity: Know Yourself, Grow Yourself



This resource encourages children to learn more about themselves by imagining a plant in growth. It starts off by inviting children to reflect on the roots of their identity, what is important to them, and what helps them grow. They will then think about what is growing from these roots, as with greater understanding of oneself also comes an increased capacity for personal growth, resilience, and connection with others.

[Click here to download the activity.](#)



A Jar Full of Gratitude



Winter is a lovely time to reflect on what you're grateful for as a family. Keep a "gratitude jar" where everyone can add notes about things they're thankful for, big or small. On a frosty evening, you can read them aloud together.

In school, gratitude is our Christian value for this half term. During our collective worship, we will explore the meaning of gratitude and reflect on ways we can express it in our daily lives.



Useful Resources

ChildLine: For 18s and under 0800 1111

NSPCC: 0808 800 5000

YoungMinds Parent Helpline: 0808 802 5544



Mind – Somerset

Somerset Mind:

<https://www.mindinsomerset.org.uk>

Mental Health Toolkit

Somerset children & young people

https://www.cypsomersethealth.org/mental_health_toolkkit

Youth Wellbeing Directory:

youthwellbeing.org