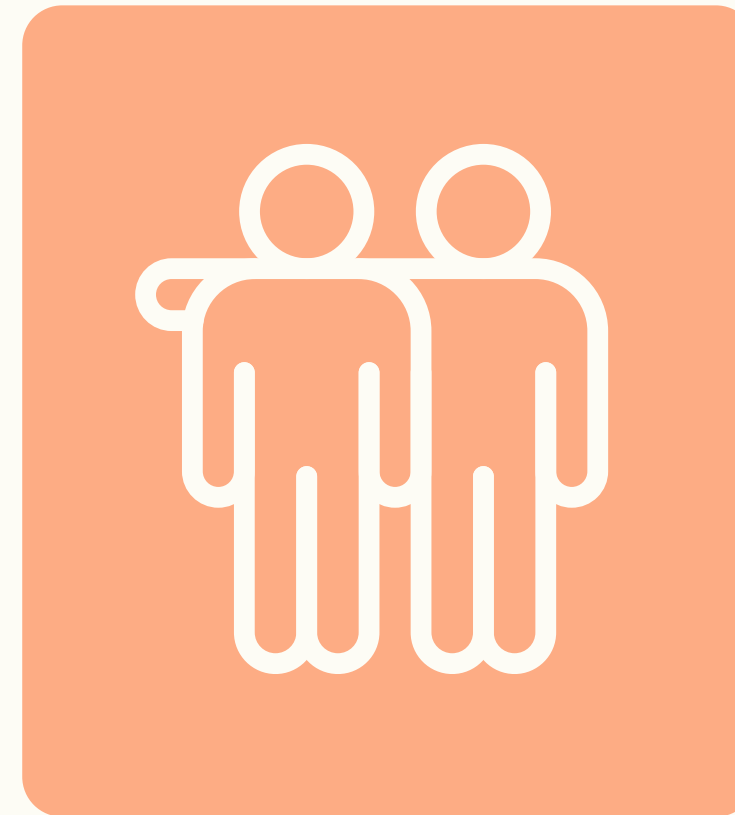


Seeds of Wellbeing



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





Welcome

Welcome to the second 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



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Parental Wellbeing Matters



Looking after your own mental health and well-being is an important part of being a parent or carer. Parenting is a full-time job - as well as the rewards, it can be tiring and stressful. If you feel low or stressed - it can feel even harder.

You may worry that you will be judged, or people will think you are not able to be a good parent because you are finding things hard. Lots of parents struggle at times with their mental health and are still very good parents.

Even very young children are tuned in to how their parents are feeling and will worry about you. They may not be able to explain this. They might instead start 'acting out' or seem sad and clingy. The whole family benefits when parents take care of themselves.



Here are 4 of the best - and most importantly, doable - mental health and wellbeing boosting strategies for parents..

Care for Your Basic Needs - Your basic needs include staying active, eating well and getting enough quality sleep.

Be Kind to Yourself - Self-compassion can be difficult to access when you're feeling stressed. However, when you're having a 'down day', it's important to acknowledge your feelings and to give yourself shame-free permission to lower your expectations.

Set Boundaries - Setting boundaries is a great way to protect yourself from things that unnecessarily drain your energy or add to your stress/anxiety.

Prioritise Bite-Sized Wellness Behaviours - Taking a hot bath, journaling, burning some essential oils, eating lunch outside, stepping out for fresh air, pause for a short, guided meditation, waking before the rest of your house for a quiet cup of coffee, watching something humorous or heart-warming

Active listening is an essential skill that can help you create a safe and supportive space for young people to talk about their feelings and experiences.

Active listening is a way of listening attentively to someone and demonstrating that you are fully engaged in the conversation. It involves not only hearing what someone is saying, but also understanding their emotions, thoughts and concerns.

By actively listening, you can help young people feel heard and understood, which can be a powerful tool in building trust and supporting their mental health.

- **Pay attention** - Avoid distractions and stay focused.
- **Validate their feelings** - It's okay to feel that way " or "I can understand why you would feel that way".
- **Acknowledge their experience/perspective** - Give space for their feelings without judgment or interruption.
- **Ask open-ended questions** - Encouraging them to talk more.
- **Make space for silence** - Don't jump in to fill the silence, allow time to consider.
- **Paraphrase and summarise** - Allow them to see the bigger picture and reflect.

How to be a good listener...



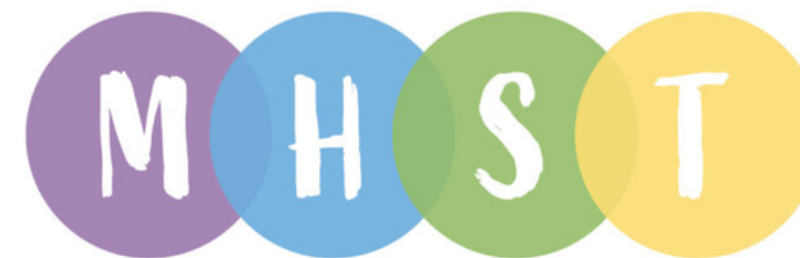
By practising active listening, you can create a safe and supportive environment for young people to talk about their mental health. Remember to be patient and non-judgmental, and to show that you care about what they are saying. Your support can make a real difference in helping young people to manage their mental health and build resilience for the future.

Free Parent and Carer Webinars



Hosted by Somerset's Mental health support team

1. Change and transitions
2. Supporting your neurodiverse child
3. Surviving and thriving over the summer
4. Supporting your child's big feelings
5. Neurodivergent - Back to school
6. Tuning into teens

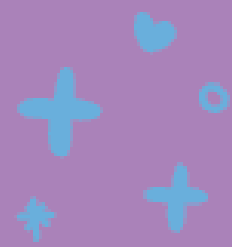


MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust



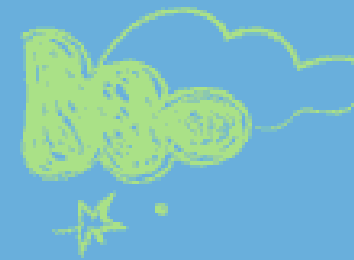


CHANGE & TRANSITIONS



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

- How your child (& you) might be feeling about moving schools.
- How we can support our children through their emotional ups and downs.
- How we can help our children to prepare.
- A range of tools you can use with your child to help them manage change.

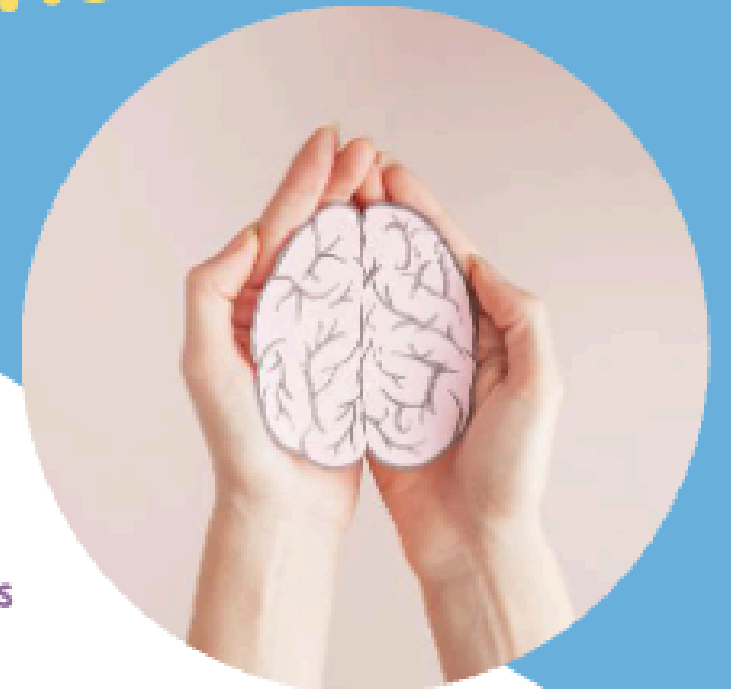


SUPPORTING YOUR NEURODIVERSE CHILD



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

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



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

SURVIVING & THRIVING OVER SUMMER



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

- Setting boundaries and exploring routines
- The Importance of sleep
- Planning and organising your time
- What's happening around Somerset



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.



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

Neurodivergent Back to school!



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

- Why it maybe more challenging for neurodivergent young people to return to school
- How misunderstanding of needs can impact mental wellbeing now and in the future.
- A range of tools to help your child's return to school while supporting their neurodivergent wellbeing & mental health.
- Where and how to get more support if needed.

NHS
Somerset
NHS Foundation Trust

Tuning
in to
Teens

M H S T
MENTAL HEALTH SUPPORT TEAM

TUNING INTO TEENS®

A FREE SIX-SESSION
PROGRAMME FOR PARENTS
PRE-TEENS & TEENS



Would you like to be better at:

- ✓ Talking with your teen
- ✓ Understanding your teen
- ✓ Helping your teen learn to manage their emotions
- ✓ Preventing behaviour problems in your teen
- ✓ Teaching your teen to deal with conflict

TUNING INTO KIDS SHOWS YOU HOW TO HELP YOUR
CHILD DEVELOP EMOTIONAL INTELLIGENCE

TO REGISTER PLEASE SCAN THE QR CODE
AND COMPLETE THE ONLINE FORM. YOU
WILL THEN BE CONTACTED WITH
CONFIRMATION OF YOUR PLACE AND
FURTHER DETAILS OF HOW TO JOIN



WHEN?

TUESDAY 20TH MAY
WEDNESDAY 28TH MAY (HALF TERM)
TUESDAY 3RD JUNE
MONDAY 9TH JUNE
TUESDAY 17TH JUNE
TUESDAY 24TH JUNE
TIME: EVENING TBC

Tuning into Teens - online



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

Moving on Up: Supporting Transitions.



This resource supports parents and carers to support children with transitions from primary to secondary school. Inside you'll find a range of activities that can be completed, including a checklist and worry tree.

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



Mindfulness: Teach them breathing exercises



Mindfulness means being aware of the present moment. Some studies suggest it can help with mental health and wellbeing.

This exercise is a good way to slow the breath or racing thoughts. It is sometimes called the 'Take 5' breathing exercise. Explain and practise these steps with your child.

- Get your child to hold out one hand with the fingers apart, like a star.
- Using a finger on their other hand as a pointer, they can slowly trace around the star shape.
- They trace up each finger, then they breathe out as they trace down the other side. Your child should trace around their whole hand.
- Repeat this as many times as you like.
- Afterwards, ask your child how they feel.



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_toolkits

Youth Wellbeing Directory:

youthwellbeing.org