

Confi-kids TOP 8 tips to Improve wellbeing

There are many ways to do this... these are some of my favourites!

As the Place2Be statistics show, the increase in Children's Mental Health conditions is HUGE.

This is SCARY - but WE CAN HELP! One of the best tools we can arm our children with is **RESILIENCE**. Building resilience helps improve wellbeing. But let's add into that the fact we're all feeling less secure and missing our usual routines. But just as doing exercise improves physical health, you and your child can do activities to boost their mental health.

Resources are available to download from our website

<http://www.confikids.co.uk/childrens-mental-health/>

Some resources taken from partnershipforchildren.org.uk

1) A Coping Toolbox

The idea of this is to help build resilience - if you AND your child can identify and use methods that help make life feel easier - coping mechanisms - then they will become more resilient.

This example on the website gives physical objects - but I think this can be actions too - for example, I know for me that when life feels horrid I go to have a bath - my husband will cuddle the dog, some may go for a run - help your child think about things that make them feel good - things that may calm them when life feels all too much.

If these ideas are written down and left in the same place - you can direct, or your Confi-kid can self direct to them when they need some chill out time!

2) Stay in touch

Who are you missing and how can you get in touch?
Can you write a letter? Facetime? Send a drawing? Call?

Sometimes our Confi-kids (especially at the moment) may respond better to others- a grandparent, aunt, uncle, cousin, friend?

Can you create opportunities for contact outside of the household?

I bought some stamps at the beginning of lockdown and we are writing letters with the hope of a response to those who we miss most! (PS we are yet to find time to do this! :))

3) Distraction

There are some brilliant ideas on this resource from partnershipwithchildren.org - and I think this is relevant to all of us, not just our children at the moment! Can you find distraction in the chaos of the news and stress?

When homeschooling seems all too much, just 5 mins of something else may be enough to give you a kickstart...

Send them on a 30 second run around the garden

Try a treasure hunt inside - 'find something that makes you smile, find something that makes your siblings smile, find something green... etc'

Get them to move like an elephant, a monkey, a tortoise... Anything that will take their mind of the current stress and allow their subconscious to refocus!

4) Be Present, connect and build relationships...

I know this is often **SO HARD** - especially in our world of instant news, instant contact, constant availability to everyone, **HUGE** expectations on us, **HUGE** responsibilities and **ZERO** free time, and even less alone time. The pressure is immense. I get it. But there is ***no getting away from the fact that our children benefit MOST from us... from phone free, distraction free contact and connection.***

I am still learning this too - but when it happens the difference in the children is remarkable. It can be simple, but prepare for it. Don't expect this of yourself when you have a huge work deadline or when dinner needs to be ready to avoid grumpy children. Schedule it if you need to! BUT, give your Confi-kids some undiluted YOU. Go for a walk with no time limit so you don't feel you need to 'rush back', play a board game with no thoughts of 'the washing isn't done', do some baking and don't worry that the flour is being mixed all over the floor. It is in these moments that your kids will properly connect with you!

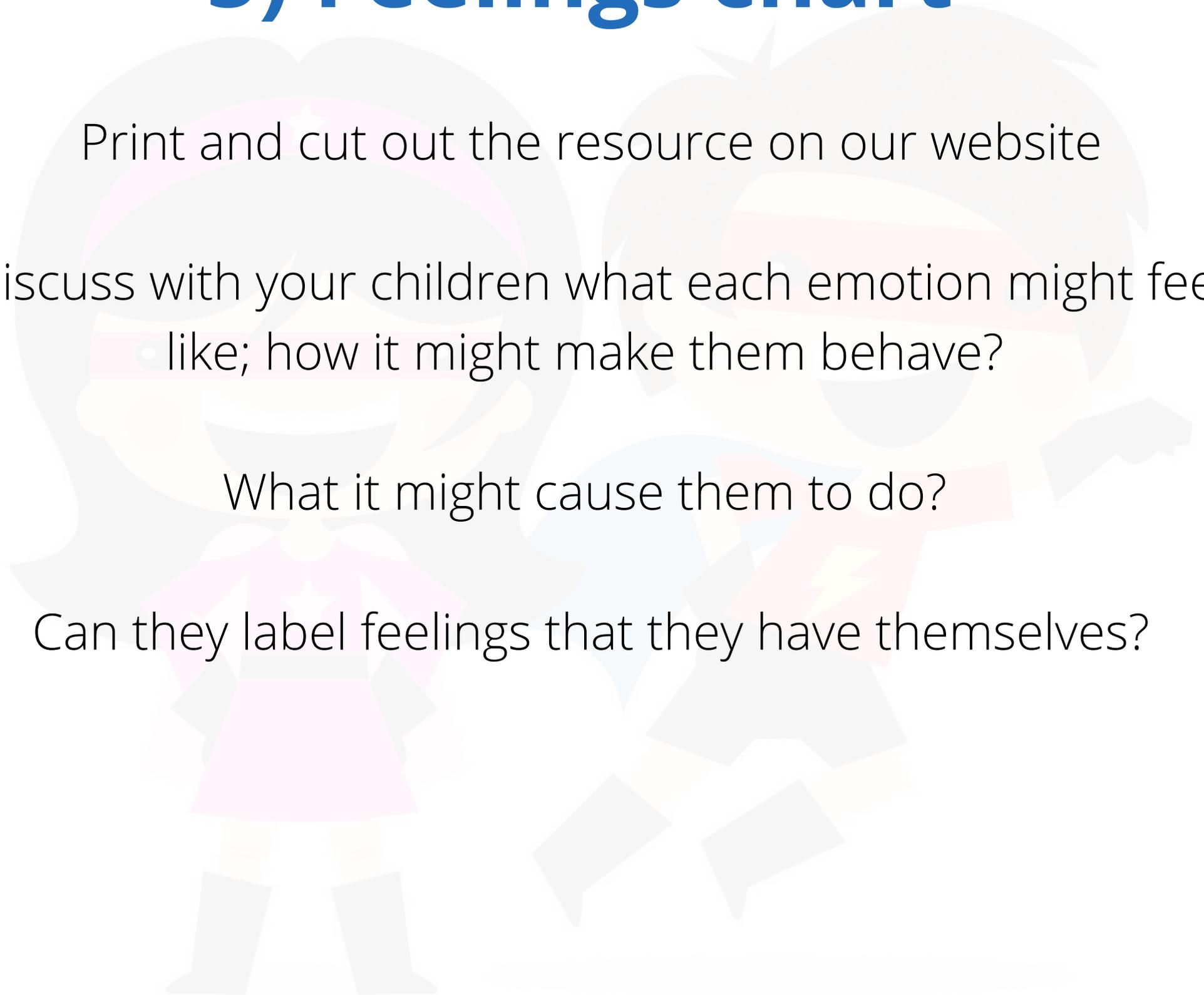
5) Feelings chart

Print and cut out the resource on our website

Discuss with your children what each emotion might feel like; how it might make them behave?

What it might cause them to do?

Can they label feelings that they have themselves?



6) MOVE - Go OUTSIDE!

Walk , or jog, or cycle or scoot.

Download our Scavenger hunt (under Quarantine Resources on the website) and go outside and complete it.
Create an obstacle course - inside or outside.

Start and finish a 'Fitness Challenge'

Follow a 'Cosmic kids' yoga challenge on YouTube
Do a Joe Wicks workout.

Have a kitchen disco (this is a FAVOURITE in my house!)

JUST MOVE! When your Confi-kids are moving their brains focus on other things and become filled with happy endorphins.

7) Kindness - do something for someone else!

When we are feeling rough or harassed, sometimes a random act of kindness or seeing someone else smile and the positive sense of reward we get from this can really help!

Could you bake something and deliver (contact free) to your neighbours?

Can you make a Thank You card and leave it for the bin collectors/postie?

Can you post a note to someone you love to tell them why you love them?

Paint a rock with a positive note and leave it for someone to hide?

Leave toy you have finished with out for someone else with a note saying how you hope it will improve their day!

8) LOOK AFTER YOUR OWN WELLBEING

This is my MOST IMPORTANT TIP!

Most of human behaviour - therefore what our children learn is through observation - and WE are our children's biggest role models (whether they admit it or not!)

They will learn resilience from you - they will see the way you take a break when you need it , go for a run to make you smile, show kindness to others. Your emotional wellbeing will directly affect theirs.

This does NOT DEMAND PERFECTION! Just as your children need to learn how to deal with stress by watching you, they need to understand that emotion is also ok and totally normal! It's ok to feel cross, its ok to BE cross, its ok to BE sad! They just need to see how you recover from this too!

DO WHAT WORKS FOR YOU!!!!!!!!!!!!!!!!!!!!!!