



Talking Mental Health



With the excitement of the Christmas break and the anticipation of the 25th, our emotions can go on quite a rollercoaster journey. It can be hard to follow the children's normal weekly routine which can cause some anxiety for both parents and children. Below are some top tips that can help manage those feelings.

Our Top Tips

Give children creative outlets. Creativity is a natural way for us to learn and express ourselves. This could be through games, art, writing, dance, photography etc.



Create a plan / new routine. Plan out what will be happening either a couple days at a time or for each week.

Encourage exercise. Getting active can really boost and help regulate our mood. This could be just going for a short walk.



Get enough sleep. A good sleep routine is really beneficial. It can be an even bigger challenge at this time of year, so checkout these tips.

Working with your children on breathing exercises. Already developing strategies to support children can really help when they are starting to feel overwhelmed. This could be the five-finger breathing exercise.

Sleep tips for Children

 FAMILYWELLNESSPROJECT

-  **Keep regular sleep & wake times**
-  **Get into a regular bedtime routine**
-  **Relax before bedtime**
-  **Make sure your child feels safe at night**
-  **Check noise & light in your child's room**

MANAGE YOUR BREATH
with your hand

