

January 2023

Keeping well and back to school

Going back to school can be a difficult time for many children, especially after the festive season. Perhaps your child is worried about settling back into school after a long break and getting back into the school routine. It's good to remember that these feelings are common for children and parents.

What's on offer?

31/01/2023- Returning to school and behaviours that challenge.

24/02/23- Exam stress for SATS

13/03/23- Friendships workshop

Want to know more? Please email:

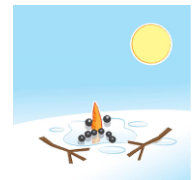
Ealing.mhst@nhs.net

Or contact your school.

Helpful tips for keeping well!

- Have you prepared your child to plan their week?
- Do they have any new year's resolutions or goals for the year?
- Have you helped them get back to the school routine? This includes going to sleep.

Tis the season for wellbeing strategies



- Breathing exercises and creating a calming space.
- Let your child speak to someone they trust or you can check in with them.
- Routine is important for children. Create a timetable for them to use to get them prepared for school.

Want support now?

The Mix - www.themix.org.uk: Free information and support for under 25s in the UK.

Call: 0808 8080 4994 or [chat](#) to a trained supporter online (4pm-11pm, every day)

Samaritans - www.samaritans.org: A 24-hour service offering confidential emotional support to anyone who is in crisis. Call: 116 123 (24 hours a day, every day) or [Email: jo@samaritans.org](mailto:jo@samaritans.org)

Young Minds - www.youngminds.org.uk: Information for young people about emotions and mental health. Text: 85258 (24 hours a day, every day)

