



 **Mind**
Lancashire

Parent Wellbeing Support Pack

Your school has recently taken part in Bounce Forward, a programme aimed at increasing wellbeing and resilience in children and young people.

As part of the project we have put together these Wellbeing Support Packs to help you, the Parent or Carers of children who attend the schools, to help sustain the work we have been doing on resilience at home.

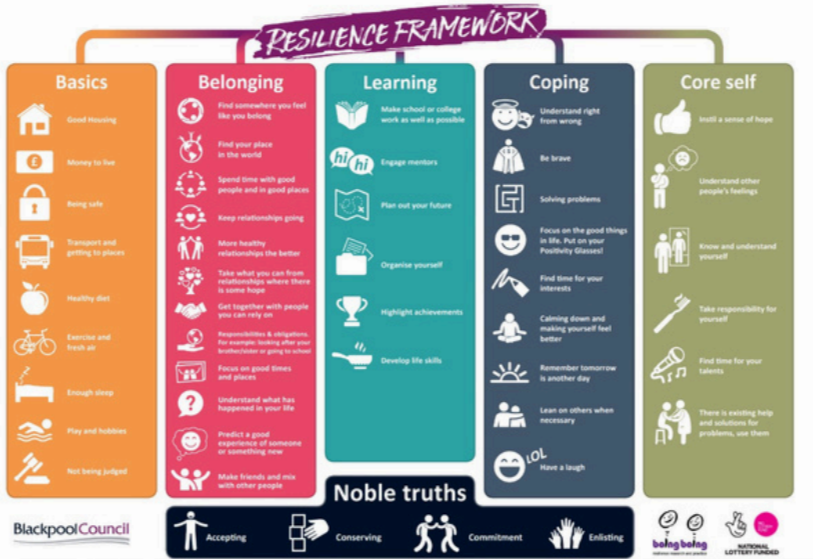
Bounce Forward

What is Bounce Forward?

Bounce Forward is Lancashire Mind's universal resilience programme that has been designed with children and aims to:

- Promote and raise awareness of mental health and wellbeing amongst children and links to PSHE.
- Teach children to value their own mental health and to understand resilience.
- Help children to recognise their own skills and talents.
- Give children and young people practical coping strategies they can apply to increase their ability to 'bounce forward' when they face tough times.
- Sessions are practical and asset based and the children use the resilience framework to help them identify different ways they are and can be resilient.

Resilience is the ability to **bounce forward** from tough times!





To find out more about Resilience Therapy check out- www.boingboing.org.uk

We say that resilience is like Ordinary Magic because anyone can learn to be resilient and it makes you better!

What can affect resilience in children?

- Illness
- Moving school/ house
- Transitioning from primary to high school
- Change in family make up
- Friendships/ peer pressure
- Conflict with family
- Tests/ exams
- Bullying
- Any type of stress

Why is resilience important?

- Builds confidence and self esteem
- Teaches life skills
- Builds independence
- Encourages an 'I can' attitude
- Creates emotional awareness
- Improves wellbeing
- Help children to deal with tough times!

Some things you can do at home...

- Pop the resilience framework on the fridge or on display.
- Pick a resilient move for the week you will try and work on as a family together.
- At meal times, talk about how they've been resilient that day or what they can do to be resilient that day, dependent on the time.
- Keep a family resilience record to celebrate all the ways you and your child have been resilient.
- Take a photo record of things you do to be resilient - print some out to display, or create a slideshow of photos to display at home.

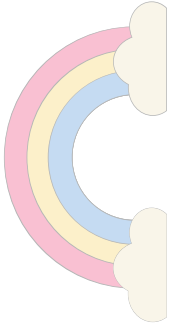
Why is working with children and young people to increase their wellbeing and resilience so important...

- One in six children, aged five to 16, were identified as having a probable mental health condition in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom.
- 83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse.
- We need to act now and work together to educate children about their mental health, equip them to look after it and provide support when and where they need it

Grounding Techniques

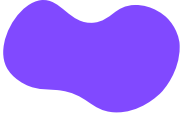
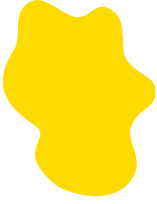


Grounding techniques are exercises that may help you refocus on the present moment to distract yourself from anxious feelings. They help separate you from the distress of your emotional state or situation. Use these techniques with your young person or give them a try yourself to help regulate emotions.



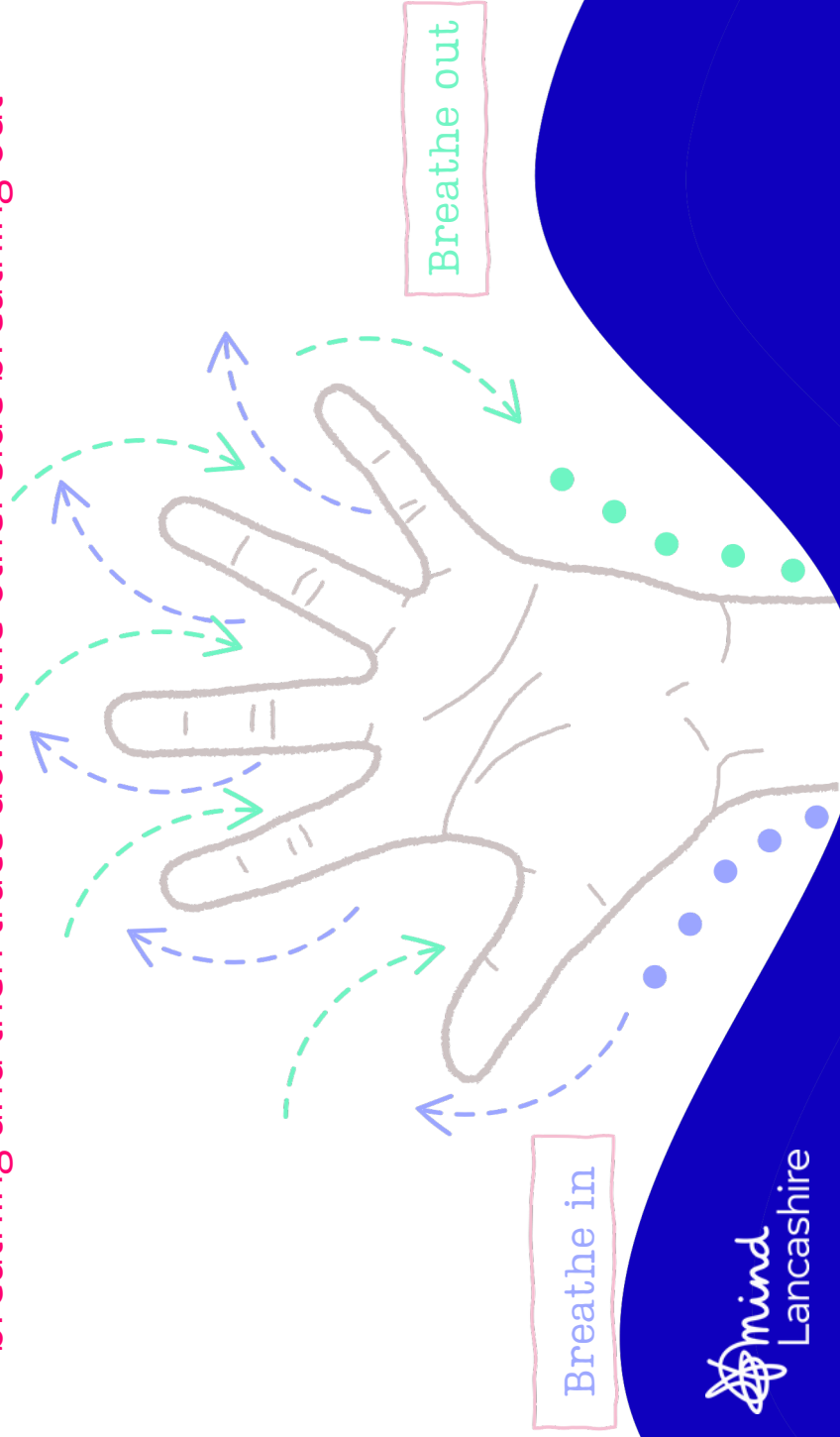
Rainbow Grounding

Look around the you and try to find the colours in order

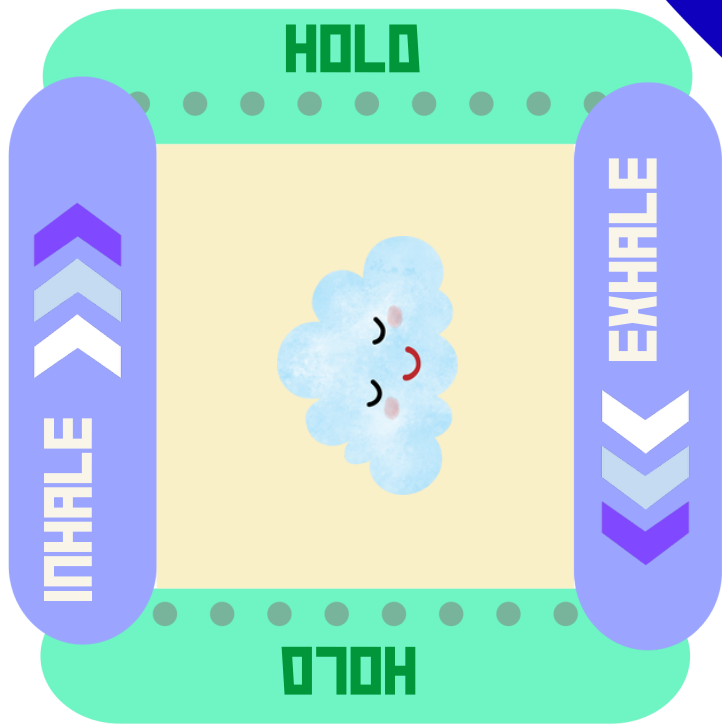


Five finger breathing

Hold out one hand and with the other slowly trace up your finger breathing and then trace down the other side breathing out



Box breathing



Belly breathing

Place one hand on your chest and the other on your belly.
Breathe in through your nose counting to 4 and breathe out for a count of 4

Tip: Try to expand your belly when you are breathing in, not your chest!



Grounding



Name **5** things you can see



Name **4** things you can feel



Name **3** things you can hear



Name **2** things you can smell



Name **1** thing you can taste



Signposting

Lancashire Mind services for children and young people:

- **Children's virtual wellbeing coaching** - free for any child or young person living in Lancashire, between the ages of 10-18. Sessions are delivered online. <https://www.lancashiremind.org.uk/project/childrens-virtual-wellbeing-coaching/>
- **Young People's Early Intervention Hubs** - located in Burnley, Pendle, Preston, Fleetwood, Blackpool, and Blackburn with Darwen for young people aged 11-25. Sessions are delivered face-to-face. <https://www.lancashiremind.org.uk/project/childrens-hubs/>
- **Children & Young People's Peer Support** - this programme aims to enhance the mental health and wellbeing of young people aged 10 to 19 (up to 25 with SEND) across Lancashire in the following areas: Central Lancashire, North Lancashire, East Lancashire, Blackpool and Blackburn with Darwen. <https://www.lancashiremind.org.uk/project/childrens-peer-support/>

Facebook pages:

- **Anxiety in our Children UK:** <https://www.facebook.com/groups/210419082639279>
- **Not Fine in School:** <https://www.facebook.com/groups/NFISFamilySupport>
- **Parents of Children with Mental Health Issues UK:** <https://www.facebook.com/groups/1017464751655537>

Useful websites

- **CAMHS Resources:** <https://www.camhs-resources.co.uk/>
- **Charlie Waller:** <https://charliewaller.org/>
- **Every Mind Matters:** <https://www.nhs.uk/oneyou/every-mind-matters/>
- **Family links:** <https://www.familylinks.org.uk/resources-for-parents>
- **Happy Maps:** www.happymaps.co.uk
- **Healthy Young Minds:** <https://www.healthyyoungmindsllsc.co.uk/home>
- **MindEd:** <https://mindedforfamilies.org.uk/young-people/>
- **Young Minds:** <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Useful books

- **Positive Parenting** by Susan Garcia
- **Resilient Therapy: Working with Children & Families** by Angie Hart, Derek Blicow and Helen Thomas
- **What Happened to You? Conversations on trauma, resilience and healing** by Bruce D Perry and Oprah Winfrey
- **Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids** by Deborah Vlock
- **The Whole-Brain Child Book and Workbook** by Dr Daniel J Siegel & Dr Tina Payne Bryson

Signposting

Lancashire Mind support for parents:

- **Parent Workshops** - Lancashire Mind currently offer two workshops:

1. Together Workshop: You and Your Young Person
2. Together Workshop: Understanding Self-Injury

These workshops are for parents or carer's of children or young people who struggle with their mental health and/or self-harm behaviour.

<https://www.lancashiremind.org.uk/project/parent-mental-health-workshops/>

- **Low Cost Therapy Service** - Lancashire Mind have recently launched a low-cost therapy service priced at £30 per session. We offer different types of therapy to meet individual needs including wellbeing coaching, person-centered counselling and cognitive behavioural therapy. Sessions are 1 hour in length and the number of sessions depend on the individuals need and will be discussed with them as they progress through sessions. You can register your interest here:
https://www.lancashiremind.org.uk/project/therapies/#register_anchor
- **Supported Self-Help programme** - this is a free 6-week guided programme where you are given the materials to manage your feelings. Sessions are virtual and 20 minute in length. You can refer yourself here: https://www.mind.org.uk/get-involved/supported-self-help/?gad_source=1&gclid=EAlaIqobChMIuOOatcbjIAMVtpCDBx2zrAPDEAAYASAAEgJISPD_BwE