



‘Screen time’

- Know what your child is doing on screens - join in Play Station games with them, check age restrictions, check social media use.
- Say “no” sometimes.
- Evidence shows a link between social media use and an increase in mental health problems.
- The World Health Organisation has recently said that children aged 2 and under should have no screen time.



We all have
mental health
just as we all have
physical health

Where to get more information or help

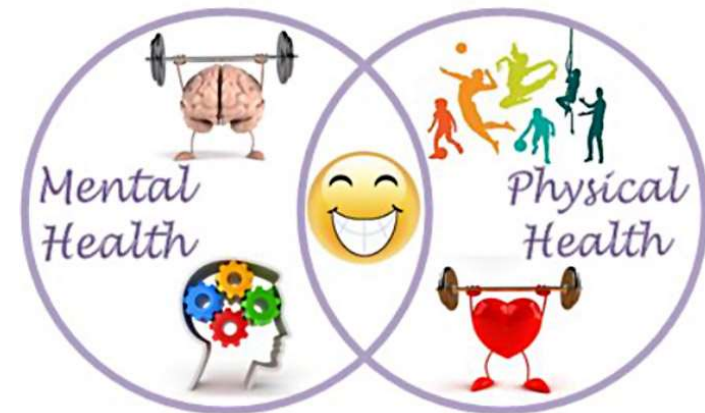
www.healthyyoungmindsinherts.org.uk

www.healthforkids.co.uk

www.mind.org.uk

www.youngminds.org.uk

www.hpft.nhs.uk/spot-the-signs





Connect

Spend time with family and friends. Enjoy doing things together - talk, listen, read, play games, cook, have fun together.

Take notice

Take a break, think about how you are feeling, listen to music, take some deep breaths, look around you - what can you see?

Keep learning

Try something new - a new hobby, make a new friend, visit a new place, read a new book.

Be active

Exercise is good! It makes you healthy and sleep better. Walk to school every day, walk to the library or the park. Learn a new sport or ride a bike.

Give

Do something for a friend or family member - make them a card, cook some biscuits for them, invite them to play with you, say something nice.

If your child wants to talk.....

listen!

- Listen carefully.
- Give your full attention.
- Try to be patient and don't rush in with the answer.
- Take time to let your child open up and try not to interrupt.

If your child doesn't want to talk.....

- Say things like *"I'm ready to listen when you want to talk"* or *"Let me know if you want to talk"*.
- Ask questions like *"What was your day like?"* or *"How is it going?"*
- Use everyday opportunities to chat, like walking to school, cooking together, doing the shopping.

You can help boost your child's wellbeing.

