



## Top Tips for Parents to Nurture Children's Well-being

- Reassure children that they are safe. Give time for them to talk about their worries.
- Talk to children about what is happening and what is going to happen next. Use simple language.
- Listen to children's thoughts and fears to value how they are feeling.
- Help children to name their emotions. They could make marks or draw a picture of what the emotion looks like and ask whereabouts they feel it? Let them know that this is normal, we all have emotions. Giving children simple vocabulary to identify their emotions helps them to understand how they are feeling and that it will pass.
- Give children lots of encouragement and descriptive praise (describe what you see) e.g. "I see you concentrated really hard at putting the pieces of that puzzle together"
- Encourage daily physical exercise and movement inside and outside. Exercise is proven to decrease worries and increase good sleep, focus and mood.
- Spend time together in nature as this improves mood.
- Encourage children to be creative. The process of making things is relaxing and is as valuable as getting to an end product.
- Learn deep breathing techniques together.
- Learn some mindfulness techniques- e.g. go for a listening walk and see how many different sounds you can hear.
- Practise daily positive affirmations. A lovely book to help start practising affirmations is: *Tomorrow I'll Be Brave* by Jessica Hische
- Create a timetable of events together using pictures your child has chosen or you have drawn together.
- Read stories. Listening to stories provides comfort and relaxation – There are a range of books to support children's well-being and resilience (please see book list attached)
- Before bedtime ask your child to think of 3 things that made them happy today.
- Have a dance. Dancing is fun and releases endorphins which lower stress and boost confidence and self-esteem.
- Encourage independence and responsibility. Letting your child "have a go" makes them feel good about themselves. They could do simple jobs or a new activity.
- Make a calm corner or box that your child can go into when they feel they need quiet time or their own personal space.
- Play board games and practice turn taking.

## Websites

### Well-being

<https://www.earlylearninghq.org.uk/earlylearninghq-blog/the-leuven-well-being-and-involvement-scales/>

### Physical activity

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>

<https://www.nhs.uk/change4life/activities/indoor-activities>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Building relationships with families

<https://www.parentclub.scot/articles/play-talk-read>

<https://www.cumbria.gov.uk/.../homelearningandtimetogetherhomepage.asp>

Songs and rhymes, language games

<https://hungrylittleminds.campaign.gov.uk/>

<https://ican.org.uk/>

Activities for all areas of development

<https://www.ncic.nhs.uk/services/childrens-therapy-toolkit>

<https://hungrylittleminds.campaign.gov.uk/>

<https://early-education.org.uk/children-artists>

Self-regulation

<https://early-education.org.uk/helping-children-their-behaviour>

<https://early-education.org.uk/helping-children-cope-change>

## Books

### Mindfulness

- Mindful ideas booklet – Cumbria Early Years Learning Improvement
- Imagine eating a lemon by Jason Rhodes and Richard Dearing
- The listening walk by Paul Showers
- Silence by Lemniscates
- Happy by Nicola Edwards and Katie Hickey

### Emotional Wellbeing and Self-esteem

- Red-a crayon story by Michael Hall
- Tough Guys Have feelings Too by Keith Negley
- Dear Girl by Amy Krouse Rosenthal and Paris Rosenthal
- Giraffe Problems by Jory John
- Don't Feed the WorryBug by Andi Green
- The Lion inside by Rachel Bright
- What's My Superpower? by Aviaq Johnston
- I like myself by Karen Beaumont
- The Magic is inside you by Cathy Domoney
- The Invisible string by Patrice Karst
- Only one you by Linda Kranz
- The Huge Bag of Worries by Virginia Ironside
- Giraffes Can't Dance by Giles Andreae and Guy Parker-Rees
- The Little White Owl by Tracey Corderoy
- The Dot by Peter H Reynolds
- Tiny Whale a fishy tail by Joshua George
- The Girl that Never Made Mistakes by Mark Pett and Gary Rubinstein
- I Am Human by Susan Verde
- The Way I Feel by Janan Cain
- Lucy's Blue Day by Chris Duke
- The Colour Monster by Anna Llenas
- The way i feel by Janan Cain
- In my heart by Jo Witek
- Have You Filled a Bucket today by Carol McClod