

# Mindful Moments

Dear Parents, Staff and Iver Village Community,

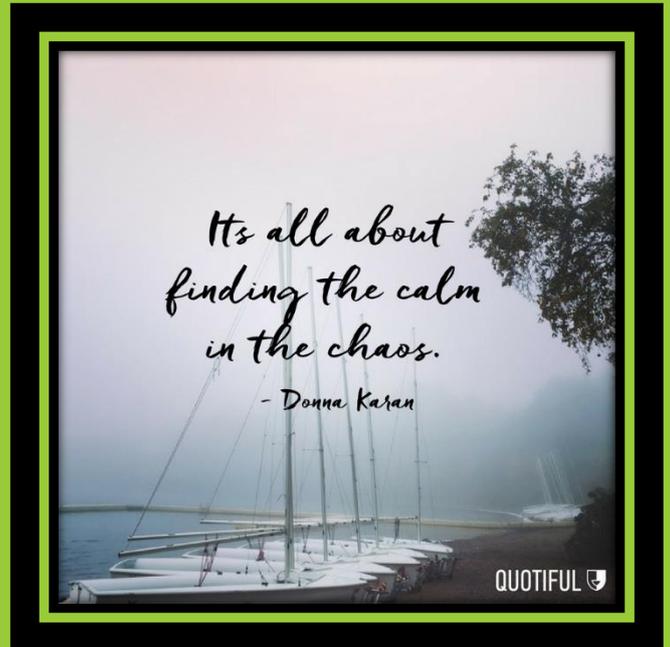
As result of the current global situation and so many lives being affected, our well-being is being tested. During this time, as we can for ourselves and each other, it is more important than ever to think about our mental health as well as our physical health.

The extent of the current situation is unknown and we know only too well that it will have a lasting impact on all of us, whether that is from a financial, personal, economic or health perspective to name but a few. It is vital that we do as much as we can to stay strong emotionally and protect our mental health. We cannot support others if we are unable to support ourselves.

Please take the time to look after yourselves. Take a moment each day to stop, breathe and listen to the birds sing.

Warm regards

Mrs Sarah Chapman-Allen



## Self-care

I have included a link below from [mind.org.uk](https://www.mind.org.uk). It contains advice and support to help ensure that you are protecting your well-being as much as possible.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapseb46fe>

## Caring for your child's Mental Health

(Advice from DECP - Division of Educational and Child Psychology)

'Reassure children: children can sometimes believe they are responsible for things that are clearly beyond their control. Reassure children that it is the adult's job to make sure things are OK and to keep them safe.'

'Supervise children with screens - It is likely that children and young people will be using screens more often e.g. Phones, tablets, gaming consoles and the internet. If this is the case make sure they are supervised. Ensure appropriate content filters are active - the UK Safer Internet Centre offers guidance on setting up parental control. Try to ensure all children have a balanced range of activities each day. Involve children and young people in these discussions so that they feel part of the plan.'