



## Mental Health in Schools Team Tips For Wellness

### Connect

Children thrive when they feel connected to family, friends, and their community. As a parent or carer, you play a key role in helping them build strong relationships and emotional resilience. Connection is essential for emotional wellbeing – small, consistent action such as listening, playing and supporting friendships can have a lasting impact.

#### **Our tips for connecting at home:**

##### **1. Encourage Everyday Conversations**

- Ask about your child's day and really listen.
- Share your own stories to show openness and trust.
- Try "highs and lows" of the day at mealtimes—what was the best and hardest part?

##### **2. Support Play and Shared Activities**

- Play games, do crafts, or cook together—these build bonds and social skills.
- Encourage your child to join clubs, sports, or hobbies with peers.
- Tip: Even short periods of shared fun strengthen relationships.

##### **3. Model Positive Friendships**

- Show healthy ways to make and maintain friendships.
- Talk about how you handle conflicts or disagreements respectfully.
- Tip: Children learn connection by watching how you treat others.

##### **4. Encourage Empathy and Kindness**

- Praise acts of kindness and encourage helping others.
- Discuss feelings and perspectives to build emotional awareness.
- Tip: Use stories or role-play to practice empathy in everyday situations.

##### **5. Quality Family Time**

- Share meals, read together, or have family game nights.
- Even 10–15 minutes of focused attention helps children feel valued.
- Tip: Make time a priority, not just a free moment.

#### **Remember:**

- Connection is a skill children can develop—your support makes a difference.
- Small, consistent efforts to nurture relationships build lifelong wellbeing.

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**