



MHFA England



**The Park
Federation**

Lake Farm Park Academy

Lake Farm Park Academy

Healthy Young Minds -
Parent/Carer Information
Session

Happy, Healthy and Here. . . .

**WE NEED TO
TALK ABOUT
CHILDREN'S
MENTAL
HEALTH...**

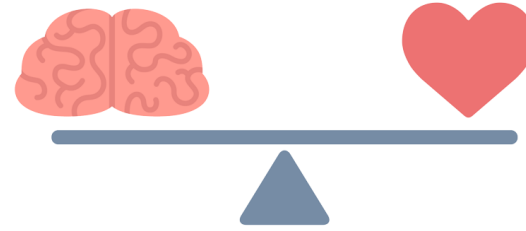


What is mental health?

The strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges and to make the most of our abilities and opportunities

YoungMinds, 2006

A healthy balance; the facts



- ▶ 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and young people who experience mental health problems have not had appropriate interventions at a sufficiently early age

(Children's Society, 2008)

Is it normal?

- ▶ We all face emotionally challenging situations during our childhoods and this is a normal part of growing up. However, we know that some children grow up in environments and experience adversity that they are unable to cope with.
- ▶ These experiences can be traumatic and may have a long-lasting effect on their development, learning, health and behaviour.
- ▶ An Adverse Childhood Experience (ACEs) is very common and 1 in 3 diagnosed mental health conditions in adulthood are known to directly relate to them.
- ▶ You can see more about these ACEs in our poster handout.

School Staff

- ▶ As school staff, we are already in a position to provide additional support for all children.
- ▶ We have the flexibility to address needs and liaise with appropriate agencies.
- ▶ We have an experienced pastoral support team. Trained Youth Mental Health first aider – Mrs Jorsling-Thomas, and Learning Mentor Ms Snow.
- ▶ We have a whole school approach to supporting emotional well being.
- ▶ We know early intervention is key.
- ▶ We know joined up working with parents/carers provides robust support and pupil progress.

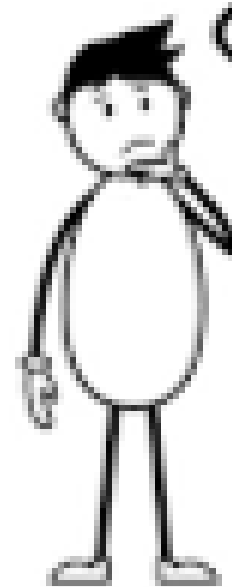
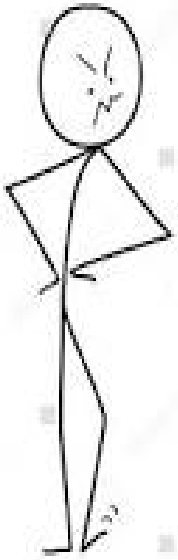
KINDNESS!



WHY did you do that?

I'm wondering why you did that?

How are we responding?
With a touch of kindness and understanding
or
with frustration and annoyance?



Attachment



“A securely attached child is likely when faced with potentially alarming situations to tackle them effectively or seek help in doing so.....

Children whose needs have not been adequately met see the world as; comfortless and unpredictable and they respond by either shrinking from it or doing battle with it”.



J Bowlby (1980) Attachment and loss Vol 3





Attachment = Good emotional wellbeing

- Emotional regulation and containment of anxiety
- Trust, adaptability, hope and belonging
- Capacity to tolerate uncertainty
- Crucial in our survival & wellbeing





Secure
Attachment



I'm ok,
you're ok,
the world is ok



Love & Attachment

Secure Attachment

Positive View of Self
Positive View of Others
Interdependent
Comfortable with Emotional Intimacy
Comfortable with Closeness
Healthy Relationship Bonds
Secure & Trusting
"He is there for me when I need him"
"She always calms me"

Anxious Attachment

Negative View of Self
Positive View of Others
Dependent
Fear of Losing Relationship
Emotional Highs & Lows
Can be aggressive
Clingy on Separation
"She'll let me down"
"He'll leave me"

Avoidant Attachment

Positive View of Self
Negative View of Others
Independent/Self-Reliant
Difficult to Get Close with Others
Puts up Walls
Leaves or Avoids During Conflict
"I don't need her"
"I can't take care of myself"

Fearful Attachment

Negative View of Self
Negative View of Others
Seeks Closeness & Avoids Closeness
Disorganized
Fearful of Making Connections
Could be Self-Harming or Abusive
"There's something wrong with me"
"No one can love"

Children have worries too....

What things
do we worry
about?



- ▶ Family - children may worry that they don't see their family enough because they are too busy, or they may not live together. Some children worry that family members will get ill.
- ▶ School - children can worry about being late for school, doing homework, taking tests, peer relationships, lack of friends, letting adults down, changing class/year/school
- ▶ Quite often when children worry a lot they have bad dreams or even nightmares. They suffer disturbed sleep patterns.

WAS - Well Being Schools Award



- ▶ We are continually striving to embed the importance of promoting resilient and emotionally secure pupils here at Lake Farm Park Academy
- ▶ This will enable optimum life chances and promote academic progress as well as healthy happy children!
- ▶ PSHE lessons are part of a tight curriculum to enable children to recognise their own emotions and how to manage them in everyday experiences. There will be a focus Parent Session on the PSHE curriculum.

WAS - Well Being Schools Award



- ▶ We are proud to be working towards the Award Place Well Being Award for schools - this is to recognise the supports we have in school for children, as well as the general focus on healthy minds for all children and adults - including parents and carers!
- ▶ Lake Farm is committed to developing a whole school approach to emotional well-being and mental health - we have a 'Change Team' that are the main drive, and we need your support too.. ...

Healthy Minds Mission Statement

Poor mental health undermines educational attainment; here at Lake Farm we want to ensure we have Healthy Minds to engage and thrive in education and springboard to success with resilient coping strategies for life!

The emotional health and well-being of all members of Lake Farm Park Academy community (including pupils, staff, visitors/volunteers and parents/carers) is fundamental to our philosophy and ethos of the LFP Way:

‘We will be kind to everyone and look after our friend’s’

To end; a children's view. . . .

► <https://www.youtube.com/watch?v=nCrjev3-Js>