

You may be familiar with the image to the right which outlines the five simple steps to help maintain and improve our wellbeing.

As we participate in children's mental health week, we are also encouraging all of our families to take part in focusing on the five steps at home with their children. Each month we will focus on one of the take 5 strategies in school and it would be good if you could focus on it at home too.



February's theme is Connect.

Connect is about connecting with those around us and spending time developing these connections. We know that you will all be connecting with your children on a daily basis and are aware of how important a strong positive connection is between children and their care givers. Some of the ways you will be/could do this are:-

- Asking your child to show you/tell you something they are proud of today e.g. going down the slide for the first time, putting their coat on by themselves.
- Taking time to share experiences with your child (with no electronic devices), playing with them, reading them a bedtime story, eating dinner together, baking together, doing craft together.
- Taking time to chat with your child; about their interests, friends.
- When you pick your child up from nursery, daycare, childminder focusing on your child and try not to be distracted by others around you.
- If you are doing tasks such as walking the dog, going to the shops- take your child with you.