



Chancery
Education Trust
Aspire to Success

Parental Engagement

“Where Families and Schools Grow Side by Side”

Supporting Children's Mental Health at Home

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Introductions

An introduction to Supporting Children's Mental Health at Home



Understanding Children's Mental Health



What is Mental Health in Children?

Definition and Importance

Mental health in children involves emotional, psychological, and social well-being impacting daily behaviour and resilience.

Common Mental Health Issues

Frequent challenges include anxiety, depression, ADHD, and behavioural problems often triggered by genetics or environment.

Role of Families and Schools

Supportive families and schools help promote positive mental health and reduce stigma through nurturing environments.

Early Intervention and Awareness

Early identification and intervention prevent long-term issues, aided by awareness campaigns and educational resources.



Recognising Mental Well-being at Home

Signs of Mental Health Challenges in Children

Behavioural and Emotional Signs

Persistent sadness, irritability, withdrawal, and changes in eating or sleeping may indicate mental health concerns in children.

Physical and Academic Indicators

Unexplained headaches, stomach aches, and declining academic performance can signal stress or anxiety in children.

Importance of Communication

Open dialogue using age-appropriate language and safe spaces helps uncover hidden struggles and supports mental well-being.

Monitoring Digital Influence

Monitoring screen time and social media use is vital to prevent effects of online bullying and unrealistic comparisons.





Strategies to Support Mental Health at Home

Practical Approaches for Parents

STRATEGY	BENEFIT
Consistent Routines	Provides stability and reduces anxiety
Healthy Eating	Supports brain health and mood regulation
Sleep Hygiene	Improves emotional balance and focus
Exercise	Boosts mood and reduces stress
Open Communication	Encourages emotional expression
Journal Writing	Promotes self-reflection and coping

Emotional & Behavioural

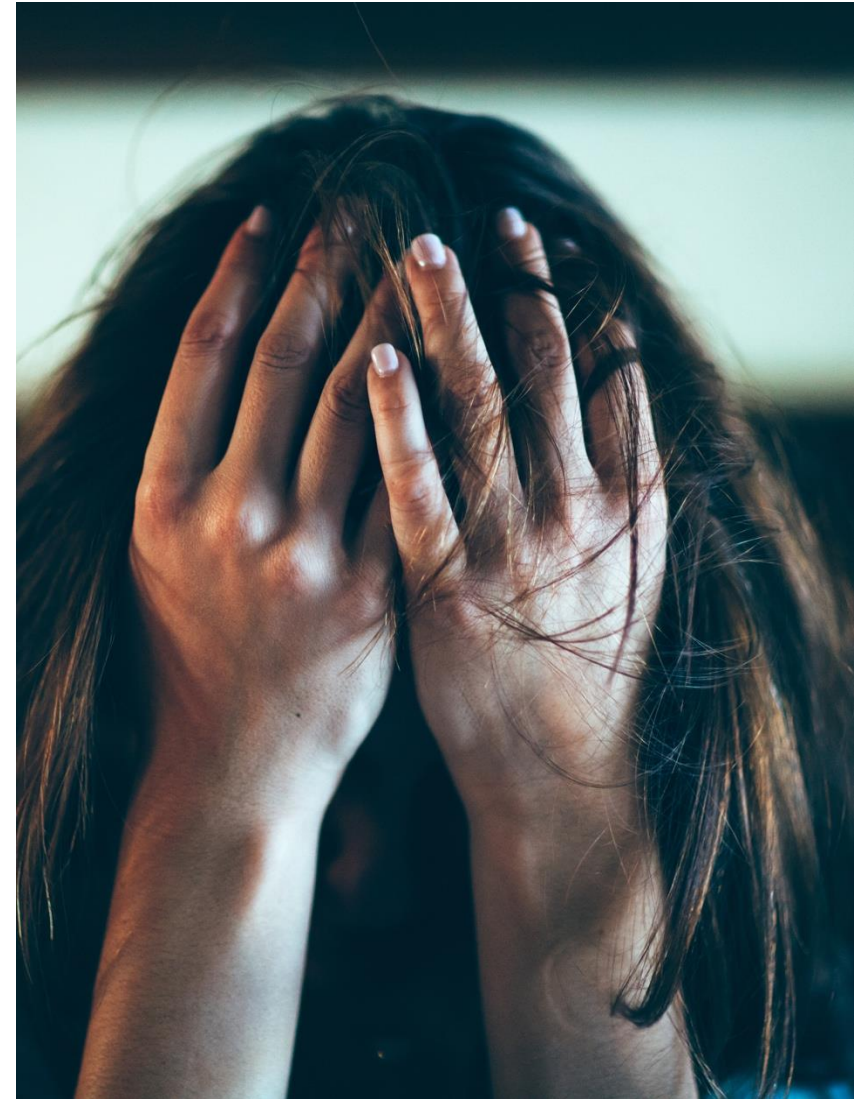
Frequent sadness or tearfulness

Irritability or sudden mood swings

Withdrawal from family activities

Changes in eating habits (overeating or loss of appetite)

Difficulty sleeping or frequent nightmares



What to Do If You Notice These Signs



Stay calm and listen to your child



Validate their feelings (e.g., 'I understand this feels hard')



Avoid judgment or criticism



Encourage open conversation in a safe space



Maintain familiar routines for stability



Offer healthy coping strategies (exercise, journaling, creative activities)



Seek help from school mental health lead or GP if concerns persist



Strategies to Support Mental Health at Home

BOROUGH	% CHILDREN WITH MENTAL HEALTH NEEDS	RECENT CAMHS REFERRAL INCREASE
Croydon	18%	+22%
Bromley	16%	+19%

Children Receiving Mental Health Support

A wooden post with seven colorful arrows pointing in different directions against a cloudy sky background. The arrows are red, teal, green, orange, and light pink. The background is a large oval with a cloudy sky texture. The entire image is framed by a white background with a large black curved shape on the left and several thin, curved lines in grey and white.

Signposting and Local Support

Signposting and Local Support

Resources in Bromley and Croydon

Borough: Bromley

Service: Bromley Y

Contact: www.bromley-y.org



Borough: Croydon

Service: Croydon Drop-In

Contact: www.croydondropin.org.uk



Borough: Both

Service: CAMHS

Contact: Access via GP referral

Finally



Q&A



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THANK YOU