



**Children's
Mental Health
Week 2018**
5-11 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

This week (5 -11 February 2018) it's Children's Mental Health Week. Run by school-based children's mental health charity Place2Be, this year's theme 'Being Ourselves' invites everyone to come together and celebrate their uniqueness.

What's it all about?

It can sometimes feel difficult to think of positive things about ourselves and to know what it is exactly that makes us who we are.

From our work in schools we know that this is something children and young people can often struggle with too.

Understanding that we are all unique, with our own strengths, qualities and interests is very important for our wellbeing. Through having a positive view of ourselves, we can feel better equipped to cope with life's challenges and make better connections with others.

As parents and carers, you play a very important role in helping your children to understand that they are unique.

Here are a few simple ways you can encourage your children to understand the importance of 'Being Ourselves'

- **Point out your children's positive qualities** determination, courage, kindness – help them to notice what makes them unique.
- **Have a chat about the strengths, qualities and interests within your family** over dinner, in the car or when you are playing together... it can be fun to notice how we are all different from each other!
- **Celebrate your efforts with your children** Whether you go for a run, get promoted at work or cook a great meal, sharing your achievements, no matter how big or small, will help your children to recognise their own.

Don't forget: If you're worried about your child, talk to your GP or someone at your child's school. You can also find a list of organisations that provide support and advice for parents on our website www.place2be.org.uk.

Visit www.ChildrensMentalHealthWeek.org.uk to find out how you can get involved and support Place2Be