



Children's Mental Health Week 2017

6-12 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

This week (6-12 February 2017), it's Children's Mental Health Week.

Run by school-based children's mental health charity Place2Be,

this year we're encouraging everyone to spread a little kindness.



What's it all about?

We've all known someone going through a tough time, whether it's a big change such as moving home or school, a relationship breaking down, or coping with the loss of a loved one.

At these times it can be hard to know what to do to help, especially where children are involved. It may sound simple but we know that small acts of kindness can make all the difference.

Plus did you know studies show that being kind can make you happier and less stressed?

As parents and carers, you have a very important role to play in helping your child learn the value of kindness.

Here are a few simple ways to encourage your child to spread a little kindness this week, and beyond...

- **Point out kindness whenever you see it:** in the news, in a bedtime story, in your family, on the street... helping your child notice acts of kindness all around them will inform and inspire them.
- Involve your child if you're helping out a friend or a neighbour, **doing kind things together can be really fun** and they will learn from your example!
- **When you notice your child being kind, comment on it.** A little bit of kindness goes a long way.
- And finally, **be kind to yourself** – something that's all too easy to forget. Being a parent or carer can be hard work, so don't be too tough on yourself.

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