



Marchwood Junior School—Mental Health and Wellbeing Newsletter

Wishing you all a fabulous half term break.....parents and carers too! Read below to remind yourselves of the need to extend your care to self care....you can't pour from an empty cup....

Summer 2026



The basics to parent self-care

We believe very strongly in the value of parents looking after themselves and consider this to be an essential part of support for children with mental health difficulties. The concept of prioritising parent self-care can be challenging for many parents to consider, particularly when your child is struggling as you may want to put all your energy and time in to supporting your child's needs. Often parents of children with mental health difficulties tell us that prioritising their own self-care is the first thing that goes in these moments. However, supporting a child who's struggling with a mental health difficulty is incredibly hard work, it can be physically and emotionally exhausting for all family members and especially for parents and carers. It is absolutely critical that parents and carers take time every day to do things to take care of themselves, we like to call this self-care and consider good self-care to be one of the most important things a parent can do when their child is struggling with their mental health.

Many of you will have heard of the oxygen mask analogy, when we are on an aeroplane and the cabin crew explain safety procedures they state that if the oxygen masks fall down in an emergency, individuals should put their mask on before they assist whoever is around them. The oxygen mask and the aeroplane is a great analogy for parents and carers of children with mental health difficulties and their own self-care. By looking after themselves they are better placed to look after others.

There are number of reasons why prioritising self-care as a parent is important:

- Self-care is an important part of children's mental health recovery. By prioritising self-care as parents and carers, you are communicating to your child that this is important and showing them how to do it.
- Secondly, regular self-care will make it easier to remain calm and undisturbed in stressful situations.
- Thirdly, it is highly emotional and distressing as a parent seeing your child suffering. It is completely understandable and normal that would impact your own wellbeing and mental health.

Advice from the Good Mental Handbook—the whole book is accessible on our website!


Hampshire Child and Adolescent
Mental Health Services

The Good Mental Health Handbook

A guide for parents and carers



The basics of parent self-care a short film explaining the basics to parent self-care:
bit.ly/44KNKIB



Awareness of emotions and their triggers

Parenting a child who is struggling with their mental or physical health can test the most patient of parents and carers, and many find that as a result their own emotions can be overwhelming and unhelpful. Parents often describe feeling understandably exhausted, upset, frustrated, overwhelmed and confused when supporting their child when they are struggling.

Parents are often told it is good that children feel safe enough to express their frustrations and take it out on those they feel closest to at home. Parents are encouraged to make home their child's safe place; however, this can be emotionally challenging for parents who are supporting children in these moments. It can also lead to parents trying to be strong for their children in front of them and as a result they may try to hide their own worries for their future, hopelessness, and sadness for when parents are alone. At times, trying to manage all the emotions experienced as a parent can be very difficult and trying to contain or put your own emotions as a parent to the side in order to put your child first can make that even harder and at times it's not always possible.

Increasing awareness of your emotions can be a useful skill for parents

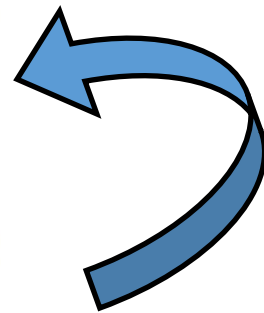
- Learning and understanding your own emotions better can allow you to be more patient as a parent. This will allow you to have more patience to help you deal with the daily stresses that accompany supporting your children.
- Identifying and understanding emotions can make them seem more predictable and controllable. In turn, this means that the intense emotions will no longer take you by surprise, which should help make them less overwhelming.

♥ The STOP Technique

When you find yourself overwhelmed, try this! ☆

S	Stop. Stop whatever you're doing. Take a step back. Disengage from the situation. Take a break and put everything off for just a few minutes.
T	Take a deep breath. And another, and another. Give yourself 15 seconds of just focusing on your breath. Feel the breath moving through your body.
O	Observe. Notice your thoughts and how your body is feeling. Name the emotions you're feeling and consider why you are feeling that way with no judgment.
P	Proceed. Move forward in an intentional way that honors your needs and feelings. What will really make you feel better or help you cope?

SelfLoveRainbow



Add in an extra P!

Pull back first....

Then proceed....

Pull back - Try and put the situation into perspective. Is there another way of looking at the situation or another way to respond? What might a friend's advice be right now? How important is this now and how important will it be a year from now?

Emotion regulation - a short video about the importance of emotion regulation as a parent or carer and emotion regulation strategies: bit.ly/3qfu5BI



What's Up? The mental health app, informed by cognitive behavioural therapy that provides a range of guided self-help strategies and allows you to track your thoughts, feelings and behaviours: bit.ly/3YagJ6y



A short video on how to pace as a parent or carer in order to support your wellbeing, whilst managing day to day tasks and challenges: bit.ly/3NOCWIJ



Awareness of emotions and triggers - a short video explaining how to improve awareness of emotions and triggers as a parent or carer: bit.ly/3Ydw4mY



BBC podcast on how to cope when your child can't: bbc.in/46HyBtb



A coping strategy film on breathing techniques: bit.ly/3UyD3Vk





Family Lives support parents in many ways by offering a variety of supportive courses!
They are well worth a delve into! A few examples are below....
<https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/>



Online parenting courses

Free online parenting courses with certificates. All of our courses are filled with helpful techniques and ideas developed by our experienced parenting professionals to help you become a confident and happy parent. Our courses are self-guided and can be done on your mobile, tablet or computer, so you can work through it at your own pace and get a certificate when you complete it. Our range of courses are below.



Co-parenting After Divorce or Separation online course

[Read more](#)



New Baby in the Family online course

[Read more](#)



Let's Play online parenting course

[Read more](#)



Parents Together online parenting course

[Read more](#)



Bringing Up Confident Children online course

[Read more](#)



Parenting Neurodivergent Children online course

[Read more](#)

They also run a free online parenting course for challenging behaviour....
<https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/challenging-behaviour-in-teens/>

Happy Half Term!

What can you and your family do over half term to increase those happy brain chemicals?

Back To Basics Summer | Half Term Challenge

Name: _____ Class: _____

KEEP ACTIVE

Your challenge is to keep active! Keep a tally against each exercise over the week! Which class will be the most active?

Extra Challenge!
Do the Joe Wicks 5 minute move workout for kids!

<https://www.youtube.com/watch?v=H1qPzxQDj2w&list=PLyCLOPd4VxBvPHOpzoEk5onAEBq40g2-k&index=3>

Put this card into the yellow box in the triangle to get your WAM token and be put into the prize draw!

- Hopscotch x 16
- Punches x 16
- Jumping Jacks x 20
- Running Man x 20
- High knee chops x 15 on both side

Art and Writing Competitions

For all you creative people out there, enter our new Art and Writing competitions! This is part of our pollinator awareness at Lepe, celebrating all Pollinators.

There are 3 age groups for each competition, with prizes for the winners in each group.

Competition Closing Dates:
Art - Friday 10th July
Writing - Friday 18th September

For full details see our website:
<https://www.hants.gov.uk/thingstodo/countryparks/lepe/whats-on>

Lepe Country Park - Hampshire Co... 20h · 🌐

Have you seen our new Art and Writing competitions?

These competitions are part of our **Pollinator Awareness** at Lepe 🐝, to encourage people to look at our wildlife and celebrate what they love most about our plants and bugs. 🌸

We encourage you to enter your personal response to our pollinator theme – either through...

Painting, drawing, printmaking, sculpture, ceramic or textile art (not photography, film or digital media).

and / or

Writing a poem or a short story.

There are **3 age groups** with prizes for the winners in each group. 🦋

- Adults (18+)
- Ages 11 to 17 (school years 7 and above)
- Ages 4 to 11 (school years 6 and below)

📄 Entries have individual closing dates and requirements, so please see our website for full terms and conditions before entering.

📄 Winning entries to be included in upcoming events!

For full terms and conditions please see our website:
<https://www.hants.gov.uk/thing.../countryparks/lepe/whats-on>

#lovelepe #pollinators #art #writing #competition

Encourage your child to take part in our Back to Basics Challenge—it's all about keeping active!

Happiness Hormones

Dr. Satya Chakrabarti

- Serotonin**
 - Sunlight
 - Hot bath
 - Fruit
 - Nature
- Endorphins**
 - Laughter
 - Exercise
 - Dancing
 - Dark chocolate
- Oxytocin**
 - Hugs
 - Pets
 - Massage
 - Honey
- Dopamine**
 - Music
 - Self-care
 - Watermelon
 - Goal check

Send a gift

Common Garden Butterflies You Can Easily Recognize

 Brimstone	 Peacock	 Red Admiral
 Cabbage White	 Painted Lady	 Comma
 Small Tortoiseshell	 Swallowtail	 Scarce Swallowtail
 Orange Tip	 Fritillary	 Meadow Brown

Art and Writing

Challenge your family to write or create some art!

Enjoy the great outdoors! How many different types of butterfly can you spot?

Signposting—here are some great places to go to for advice and support. You can access all the information on the Hampshire CAMHS website under the ‘Events’ tab. <https://hampshirecamhs.nhs.uk/events/>

Hampshire CAMHS
Information & Advice Sessions
in Winchester – June 2026

YOUNG PERSON’S MENTAL
HEALTH

This is a free opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION



3RD JUN
2026

Advice sessions are free.

Embracing Autism
9 July 2026

A day that focuses on skills and strategies – supporting your autistic child to thrive.

EMBRACING AUTISM



9TH JUL
2026

**Embracing Autism is a day
course and costs £20**

The CAMHS website has so much helpful information, videos, reads etc for a whole manner of concerns. There is everything from bullying, self esteem, autism, loss, family breakdown and so much more. There is plenty that you can download and work through with your children too. It’s definitely worth a look—even if you’re not in need at this moment in time!

<https://hampshirecamhs.nhs.uk/help/parents-carers/>

<https://hampshirecamhs.nhs.uk/events/>

