



UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

Caring for our young people can sometimes be hard! We may need some advice or strategies in order to support the children in our care. There are lots of places to access free courses - here are a couple—there is so much on offer! (Keep learning is one of the 5 ways of wellbeing too—so you'll be helping yourself along the way!)



Free online courses for ALL parents, parents-to-be, carers, grandparents and teens living in Hampshire. Plus courses for professionals working with children.

Solihull Approach

Welcome to Hampshire County Council's partnership with the Solihull Approach. These free online courses offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you.

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family.

It's simple to register for free unlimited access:

1. Visit <https://inourplace.co.uk>
2. Select 'Apply Code'
3. Enter the access code: FAMILY
4. Enter your information and select the relevant course.

Family Lives offer **free** online parenting courses which are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you.

All of their courses are filled with helpful techniques and ideas developed by experienced parenting professionals to help you become a confident and happy parent.

Crucially, you can do a course whenever and wherever suits you and work through it at our own pace.

The courses cover a range of topics including:

'Raising confident children'

'Coping with teens'

'New baby in the family'

'Sibling arguments'

'Co-parenting'

Why not take a look!

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

CAMHS Campaign...

Connect to thrive in 2025! The theme is on connections - the importance of them, the contribution they make to our mental health, how to connect, along with some ways of signposting and inspiring young people to connect.

The campaign will be based on the five steps to wellbeing (take notice, be active, give, connect, keep learning).

Take a look: <https://hampshirecamhs.nhs.uk/campaigns/safe-campaign-copy/>

THE VIRTUAL ACTIVITY PLANNER

Use this simple calculation to help you work out an activity to do!

Choose a number between 1 and 9

Multiply it by 3

Add 3

Multiply it by 3 again

Add the two digit number you get together

The number you get will be the activity you will be doing!

1. Try an online class
2. Write a letter to someone and post
3. Bake something
4. Listen to some new music
5. Play a game with family/household
6. Watch your favourite film
7. Start a diary/journal
8. Go for a long walk
9. Plant something/grow some herbs from seed
10. Read the book you have been meaning to read
11. Phone a friend for a chat
12. Try meditation
13. Cook something new
14. Try something artistic
15. Learn to juggle
16. Go and collect a bag of litter locally
17. Have a day without social media
18. Make a new playlist

DIAL UP, DIAL DOWN

Tick the activity that you tried and write 'H' if it helped you to manage the feelings you experienced

DIAL UP MY ENERGY ↑

<input type="checkbox"/> TAKE A COLD SHOWER	<input type="checkbox"/> DANCE	<input type="checkbox"/> SING	<input type="checkbox"/> RUN
<input type="checkbox"/> TRAMPOLINE	<input type="checkbox"/> JUMP	<input type="checkbox"/> SKIP	<input type="checkbox"/> BIKE RIDE
<input type="checkbox"/> SCOOTER	<input type="checkbox"/> LISTEN TO LOUD/FAST MUSIC	<input type="checkbox"/> HULA HOOPING	

DIAL DOWN MY ENERGY ↓

<input type="checkbox"/> COOK OR BAKE	<input type="checkbox"/> READ	<input type="checkbox"/> ARTS & CRAFTS	<input type="checkbox"/> MINDFULNESS OR MEDITATION
<input type="checkbox"/> WATCH A FILM/TV	<input type="checkbox"/> LISTEN TO CALM MUSIC	<input type="checkbox"/> WALK	<input type="checkbox"/> GARDENING

FIVE FINGER POSITIVITY CHALLENGE

Every day, practice identifying and saying out loud five strengths and positive qualities that you possess.

You could adapt this and think of different things each day,

- five qualities that make you a good friend,
- five of your life goals, five things you enjoy doing,
- five things you are proud of,
- five things that make you unique etc.

WHAT DOES KINDNESS MEAN TO ME?

Fill in and decorate our kindness heart. You can do this on your own or in a group and create a kindness collage of all the things kindness means...

HOW ARE YOU FEELING?

0/10 = no emotion 10/10 = maximum intensity of emotion

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SAD							
ANGRY							
WORRIED							
EMPTY							
TIRED							
HAPPY							
CALM							

Our emotions can change regularly so it can be useful to keep a track on how you are feeling and how strong these feelings are. This is so that you can see how your moods change throughout the day and week.

When we are feeling sad or worried we can sometimes think that we will always feel this way but by tracking our mood you will be able to see how it can vary. If you notice that you are feeling sad, worried or angry regularly this might be a good time to ask for help and talk to someone about how you are feeling.

CONNECT 2 THRIVE IN 25

Hampshire Child and Adolescent Mental Health Services

Learn to use chopsticks	Create a memory box	Grow something from seed	Sign up for an art class
Go berry picking and make something with them	Make something with your hands	Watch a classic film with friends	Learn a magic trick
Make a kite and fly it	Cook an entire meal yourself	Write a letter to a friend or family member	Visit a museum
Go and watch the sunset	Make a collage of your dreams and goals	Do some volunteering	Camp out
Start a savings account	Write a story or poem	Join a park run	Learn a card game
	Try a new sport	Join a club	

Write three of your own plans in the boxes below

There are five simple things you can do as part of your daily life to boost your wellbeing.

- **Connect**
- **Be Active**
- **Keep Learning**
- **Give**
- **Take Notice**

They help people take care of their mental health and wellbeing.

Hampshire CAMHS are setting the Connect 2 Thrive in 25 challenge to encourage young people to try new things and incorporate these steps into everyday life.

Throughout 2025 try doing each of these suggested activities at least once. Then give yourself a tick when you have done it.

**Back to Basics
AND
'MOLE'
Easter Challenge!**



GROWTH MINDSET

SUCCESS BEGINS WITH BELIEVING YOU CAN

I CAN' T DO THIS	→	I AM STILL LEARNING, I WILL KEEP TRYING
I AM AFRAID OF MAKING A MISTAKE	→	MISTAKES ARE HOW I LEARN & GROW
THIS IS TOO HARD	→	WITH MORE PRACTICE, IT WILL GET EASIER
I GIVE UP	→	I WILL TRY A DIFFERENT WAY
I DON' T KNOW HOW	→	I CAN LEARN HOW
I AM NOT GOOD AT THIS	→	WHAT CAN I LEARN TO GET BETTER AT THIS?
THEY ARE BETTER AT IT THAN I AM	→	WHAT CAN I LEARN FROM THEM?

Learning new things—whether we are a child or an adult—requires us to have the right mindset.... Some good pointers to remind ourselves and our children of over the break when we find something hard...



Challenge 3:

Can you learn about a local, outdoor area and write about it? Perhaps a fact file....or a piece of reflective writing, describing the place and how it is/ was used? What about a poem which reflects what you've learnt? Perhaps a piece written from the viewpoint of a person who used it/ uses it? Or the viewpoint of a tree that has watched the area evolve over time....This challenge gives you the chance to look into an area, to find out its history/ its purpose/ its impact etc and share your findings in a creative way! It's up to you how you approach this!

Don't forget that every half term the children are set some challenges for the break —these promote the '5 ways of wellbeing' as well as giving children the opportunity to have some of their MOLE challenges signed off! The focus this Easter is 'Keep Learning'. Please encourage your child to keep learning whilst being out and about over the break—they can jot down what they do on their booklet and just need to return them to school after the holiday to be entered into the prize draw!

Challenge 1:

The weather is getting better....get outside and take part in some physical activity! It might be a walk or a run, or maybe you could set up an obstacle course in your garden or challenge yourself to complete all the different pieces of equipment at a local park in a set time! Write down what you did! **What did you learn?** Eg a new walking route / about how your heart rate changes after activity/ how to design a fun obstacle course etc....

Challenge 2:

Go to the beach and investigate the wildlife there! Perhaps look in the rock pools....or spot the different types of birds...or could you identify some of the plant life?

(Tip: Take a look at [Calshot](#) and [Lepe](#) websites—they both run ranger-led 'Marine Explorer' type activities for children. You can learn about the environment whilst enjoying being outside!)

Share what you discovered—pictures/ notes etc

Helpful upcoming events for parents and carers.

Here are some useful events! There is more information on the Hampshire CAMHS website: <https://hampshirecamhs.nhs.uk/events/>

A training day for Parents and Carers in Winchester

A one-day event focused on parents and carers understanding their own needs and learning strategies to look after themselves as they support a young person with their own mental health needs. The sessions will include looking at emotional regulation.



P.A.C.E. (Parent and Carer Events) – New Forest/Lyndhurst

A free event **FOR PARENTS AND CARERS** to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.



Hampshire CAMHS Information & Advice Sessions in Winchester – May 2025

This is an opportunity to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION



**7TH MAY
2025**

A training day for Parents/Carers & Professionals in Gosport

This day will focus on skills and strategies for parents, carers and professionals supporting a child with ADHD. Hampshire CAMHS colleagues will be hosting this day alongside parents/carers with lived experience.

UNDERSTANDING ADHD

**14TH MAY
2025**

