

## Yr 3 Top Tips 2 - Mental Wellbeing

### MILFORD DATA FACT:

95% of the children who are on the HLSP said they enjoyed cooking. Doing activities we enjoy help with our mental wellbeing so encourage your children to get busy in the kitchen!



Coronavirus has led to an increase in mental health issues for young children. Some children have enjoyed time off from school, while others will have really struggled with missing their school friends and teachers, as well as a daily routine. On top of this, there may be other struggles at home they have had to cope with, such as family illness, loss or changes to their living situation.

Although there is a vaccine on the horizon, there is still a feeling of uncertainty, with regular changes to lockdown, the chance of an outbreak in school, meaning more time out of school or have worries about getting or passing on the virus. For most children, these feelings will improve, but there are always steps you can take to support them emotionally and help them cope with problems they face to give them the best chance to stay mentally healthy.

### *Top Tips to support children and young people:*



#### **Be there to listen**

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want to talk.



#### **Support them through difficulties**

Pay attention to their emotions and behaviour and try and help them work through their difficulties. It's not always easy when faced with challenging behaviour but try to help them understand what they are feeling and why.



#### **Stay involved in their life**

Show interest in their life and the things that are important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



#### **Encourage their interests**

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are - like cooking!



#### **Take what they say seriously**

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.



## Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important - try to get them back into routines that fit with school or college.

## Let's Get Cooking!

Everyone enjoys a takeaway and eating tasty food can give us a lift - but usually takeaway food is high in fat, sugar and salt. But there are healthy ways to enjoy these family favourites especially as healthy eating has strong correlations with improved mental health so give this **Fish and Chips** recipe below a try! (serves 4):



### Ingredients

- 4 baking potatoes, scrubbed and each cut into 8 wedges
- 1 tbsp of vegetable oil
- 75g of breadcrumbs
- 1 egg, beaten with 2tbsp cold water
- 4 fillets skinless haddock or cod (cobbler is a cheaper option)
- Black pepper

### Tips

- Not peeling the potatoes means you get more fibre in your diet - and they're quicker to prepare.
- Pollock is a tasty but cheaper alternative to haddock or cod.
- Look out for dried breadcrumbs flavoured with lemon or spices to add extra flavour to the fish or add some lemon or a pinch of paprika to plain dried breadcrumbs.

### Instructions

- Preheat the oven to gas mark 6/oven 200C/fan oven 180C. Lightly grease a baking sheet with a little vegetable oil.
- Put the potato wedges into a roasting tin. Toss in the remaining vegetable oil to coat. Season with black pepper. Transfer oven to bake for 35 to 40 minutes, turning them over after 20 minutes.
- Meanwhile, sprinkle the breadcrumbs onto a large plate. Season with a little pepper.
- Dip each fish fillet in the beaten egg, then the breadcrumbs.
- Place on the baking sheet, then transfer to the oven when you turn the potatoes, so that the fish cooks for 15 to 20 minutes. To check the fish is cooked, it should flake easily when tested with a fork.
- Heat the mushy peas in a saucepan and serve with the fish and "chips" - yum!

**All information provided by the following links:**

<https://www.nhs.uk/oneyou/for-your-body/eat-better/recipes/healthy-fish-and-chips-recipe/>

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/#custom-2column-share-shelf>