

Mental Health and Wellbeing

The coronavirus (COVID-19) outbreak is having a huge impact on everyone's mental health, for information on how to look after your mental health and wellbeing during this difficult time please see our Mental Health information point:

www.halton.gov.uk/mhinfoipoint

Here you will find information on how to look after your own mental health and children and young people's mental health, which includes lots of self-help resources.



Parent Bitesize sessions

To book a place on training email HIT@halton.gov.uk

HALTON HEALTH IMPROVEMENT

Fit 4 Life
Bite Size Sessions

START WELL

SLEEP AND SCREENS
Did your children sleep well last night? Did it take them a while to get to sleep? Did you all wake up happy and refreshed this morning?
Join us for this bitesize workshop on sleep to explore how the length and quality of our sleep can affect us and our children.
We will look at simple changes to routine that can promote good quality, restful sleep.
We will also look at how screen time affects our children, and how this impacts on sleep quality.
DATES:
Thursday 30th January 10am Online
Wednesday 26th February 10am Online
Tuesday 24th March 10am Online
To book your place, email HIT@halton.gov.uk

FUSSY EATING AND SNACKING
Are meal times a battle? Are your children always hungry or asking for snacks? Is your child reluctant to try new foods?
We know how hard it can be when children just want sweet foods and refuse to eat proper meals. Meal times can be stressful for everyone when children are 'fussy eaters'.
We'd want our children to grow up healthy, but it's easier said than done to get them to try healthy foods.
During this session we will use an experiential to engage, snack resources, as well as techniques to help your child try and accept new foods.
DATES:
Tuesday 19th January 6pm Online
Tuesday 23rd February 1pm Online
Thursday 25th March 6pm Online
To book your place, email HIT@halton.gov.uk

These sessions are for parents/carers.

For more information call the team on:
0300 029 0029
or visit www.haltonhealthimprovement.co.uk
@haltonbc Halton BC

Sleep and Screens		
Thurs 28 th Jan	10am	Online
Wed 24 th Feb	6pm	Online
Tue 30 th March	10am	Online

Fussy Eating and Snacking		
Tue 19 th Jan	6pm	Online
Tues 23 rd Feb	1pm	Online
Thurs 25 th March	6pm	Online

HALTON HEALTH IMPROVEMENT

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START WELL

Mental Health and Emotional Wellbeing
Everyone has Mental Health and looking after your child's Mental Health has never been so important.
This workshop is based on the 5 ways to wellbeing and will give you tips and advice on how to support your child's mental health.
It will look at resources that promote positive mental health and easy techniques you can use to build resilience.
DATES:
Wednesday 19th January 10am Online
Tuesday 23rd February 10am Online
Tuesday 24th March 10am Online
To book your place, email HIT@halton.gov.uk

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Mental health and Wellbeing		
Wed 13 th Jan	10am	Online
Tues 9 th Feb	10am	Online
Tues 16 th March	6pm	Online



Useful Links

Being active isn't just about our physical health it helps us to feel good too. Something as simple as going outside for a walk can boost our mood. Discovering something you really like doing is the most important bit. For more information on how physical activity can boost your mood visit [NHS-mental benefits of exercise](https://www.nhs.uk/mental-health/benefits-of-exercise)

It's not often we stop to take notice of the world around us, think about how we are feeling or try to live in the moment. It may have been a while since you were curious or took some time to be aware of everything happening around you. For more information on how taking notice (mindfulness) can boost your wellbeing [NHS- benefits of mindfulness](https://www.nhs.uk/mental-health/benefits-of-mindfulness)

For other family physical activity or healthy eating ideas, have a look on our Youtube page!

<https://youtube.com/playlist?list=PLeXIVsKOQx2YOWNizCgnzm5iLI5Gn9GLQ>

Look after your sleep

Feeling anxious or worried can make it harder to get a good night's sleep. Good-quality sleep makes a big difference to how you feel mentally and physically, so it is important to get enough. Try to maintain regular sleeping patterns and keep good sleep hygiene practices, including avoiding screens before bed, cutting back on caffeine and creating a restful environment. The [Every Mind Matters sleep page](#) provides practical advice on how to improve your sleep.