

Take Notice



When 'Take Notice' is going well your child may

- Be relaxed and calm.
- Be able to share their worries.
- Sleep well.
- Follow daily rhythms and routines.
- Manage their emotions and feelings.
- Join in meal times.
- Join in with family times.
- Engage with friends and family.
- Respond to boundaries .
- Enjoy daily activities.
- Remain focussed when it is needed.

When 'Take Notice' is not going well your child may

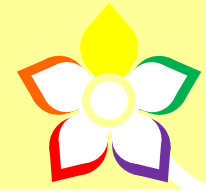
- They may not be able to control their emotions.
- Have racing thoughts.
- Sleep poorly.
- Battle daily rhythms and routines.
- Have big feelings/emotions.
- Appear vacant/forgetful.
- Disengage with family time.
- Disengage with friends and family.
- Push boundaries and seek control.
- Lack enjoyment in daily activities.
- Unable to focus or complete a task.

Routines

- Take notice of how your child/YP responds to routines
- Break down daily routines into simple, manageable steps
- Use visual aids to support routines and daily activities
- Do daily tasks in the same order each day
- Use clear language 'first brush your teeth, then wash your face'
- Focus on what you want to see- not what you don't want to see e.g. instead of 'stop playing with your Lego' try 'put the Lego down and find your shoes'

Be present

- Practise simple breathing activities with your child .
- Take notice of your environment and surroundings -talk about what you see or hear on your journey into school.
- Focus on one task - avoid being on your phone, or trying to do too many things at once.
- Notice your thoughts and feelings.
- Notice change of seasons.
- Share anxieties and worries, if appropriate.
- Give eye-contact and face-to-face time.
- Remove distractions such as screens or background noise.
- Have purposeful contact - cuddle, hold hands, massage.



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Sleep

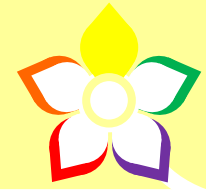
- Take notice of how your child sleeps.
- De-clutter bedrooms so they are calm and inviting.
- Avoid using bedrooms as a "punishment".
- Introduce a "calm down" time before bed – dim the lights and lower activity levels.
- Avoid screens (minimum 1 hour) before bed.
- Have a consistent routine that you follow daily (e.g. bath, PJs, story, song, bed).
- Focus on connecting, eye-contact, hold hands, create a positive, safe environment to fall asleep.

Boundaries and behaviour

- Take notice of how your child responds to boundaries.
- Tune into what your child is trying to tell you through their behaviour. Do they have a hard time getting to school - could they be worried about being away from you?
- Let them know you understand their big feelings.
- Stick to your boundaries e.g. "it's OK to feel anxious, but it's not OK to shout at your sister".

Diet

- Take notice of what your child eats and how they are at mealtimes.
- Use 'food chaining' to introduce new foods - e.g. write down all their favourite foods, food colours and what they like about their safe foods, then make a list of new foods to try. For example, if their favourite food is rice, try couscous. Or if the favourite food is sausages, try chicken sausages.
- Build in a regular family meal time that is focused on connections and talking about happy things from their day/week. Try to avoid food pressure and rewards around food, e.g. using pudding as a reason they should eat their vegetables.



Take Notice

Useful Links

Mindfulness and meditation:

- **Moodzone:** Get ideas on how to take part in mindfulness at www.nhs.uk/moodzone
- **Action for Happiness:** Action for Happiness is a movement for positive social change and promotion of wellbeing. They bring together people who want to play a part in creating a happier society for everyone. www.actionforhappiness.org
- **Mindapples:** Mindapples promotes mentally healthy living for everyone by promoting simple, daily activities. <https://mindapples.org/>
- **Five Ways app:** The Five Ways to Wellbeing app, developed by Somerset Public Health, helps people improve their well-being through everyday activities. You can find out more here: www.mentalhealthpartnerships.com/resource/five-ways-to-wellbeing-app
- **CAMHS:** Watch videos on how to support anxiety, mindfulness and muscle relaxation www.youngminds.org.uk/

Eating a varied diet

- **Food chaining:** The 'Your kids table' website helps you to expand your children's picky eating: <https://yourkidstable.com/food-chaining/>
- **NHS food chaining:** This poster helps you to put food chaining into practice <https://abuhb.nhs.wales/files/mental-health/paediatric-psychology/food-chainingpdf/>
- **NHS sleep guidance:** Helping you understand how you can improve sleep habits for your child or GP <https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>
- **Hampshire health in education:** Guidance on how to promote sleep <https://www.hants.gov.uk/socialcareandhealth/publichealth/hampshirehealthineducation/keystages/primary/sleep>

Emotional well-being

- **Hampshire health in education:** promoting children and young people's emotional health and wellbeing <https://www.hants.gov.uk/socialcareandhealth/publichealth/hampshirehealthineducation/keystages/primary/emotionalwellbeing>