

Southampton Mental Health Support Team

Primary Schools Wellbeing Newsletter

This week's theme - Sleep

13th May 2020

Sleep is so important for us and our children to feel physically and mentally healthy. Not having enough sleep can make us feel like we have no energy and we can't cope with our day and can really affect our mood. All sorts of things can come between us and a good night's sleep from caring duties for children; to noise outside our homes; to not being about to "switch off" from thinking or worrying. Our children and young people also experience difficulties with getting to sleep which can have a big impact of their emotions and behaviour. Some things which prevent a good night's sleep may be outside of our control but there are some simple things that we can do for ourselves and our children to make a good night's sleep more likely; good habits and routines we can put in place. This is called Sleep Hygiene.

Good sleep hygiene will help with getting to sleep and staying asleep. Great Ormond Street Hospital for Children has some really useful advice on their website at <https://www.gosh.nhs.uk/medical-information/procedures-and-treatments/sleep-hygiene-children> including some information about how much sleep children of different ages need and tips for how good sleep hygiene starts in the day with routines; food and drink choices; exercise and technology use...all things that we know help our general wellbeing. Helping your child to get a good night's sleep will have a knock on effect to your own sleep and will impact the whole family's physical and mental health. Sweet Dreams!

Parent's Top Tips

It's completely understandable if sleep has become a struggle since lockdown with uncertainty and disrupted usual routines. The changes to routine can affect our body as much as our mental health. Here are some tips for getting your or your child's sleeping pattern back in place.

1. Wake up (and go to bed) at the same time each day – routine is good for sleep.
2. Use your bed only for sleep – this can be tricky with needing space for study and relaxing, however science tells us that building up associations with the bed can make it more difficult to get to sleep.
3. Try not to nap during the day – napping won't help your body with making a routine.
4. Implement a calm evening routine just before going to bed, such as having a shower or bath, spending quiet time with pets/children/siblings, doing meditation or relaxation or reading a good book.
5. Don't eat a big meal just before going to bed – your body needs time to digest food, especially sugary foods.
6. Turn off blue light screens an hour before bed, try reading or colouring as an alternative. How about this OS map of Southampton (let your imagination run wild with the colours)
https://www.ordnancesurvey.co.uk/blog/wp-content/uploads/2015/08/soton_10k.pdf

For more tips and advice on sleep hygiene, visit The Sleep Council, who have lots of information including a video on this page about the 10 commandments of sleep
<https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/>

Professor Wellbrain

Professor Wellbrain, our resident OWellbeing Expert, has joined us this week to talk about the science behind sleep, as well as some top tips:



Keeping to routines is very important during this pandemic. With our lifestyles currently being very different, lots of children, teens and adults are having sleep difficulties. Children and teens are unable to go to school or college, some parents are not going to work, we are unable to go out for a meal, visit the cinema, meet up with other family members or friends, go swimming, play football or take part in other sports activities or other interests you may have.

Getting enough sleep is important for all of us, particularly for our mental and emotional wellbeing. Good quality sleep is essential to enable us to concentrate well and focus through the day. If we do not have good quality sleep it can impact on our mood making us feel grumpy and irritable as well as impacting on our appetite causing us to eat too much or not enough.

There are practical things you can do as a family to help restore good sleep patterns. One thing is to ensure everyone is getting lots of natural day light even if it is cloudy, as this can help to reset our natural body clock.

The Sleep Council has lots of helpful information including up to date covid-19 specific resources on their website. One example is guidance on Sleep Anxiety: Tips to manage anxiety and improve sleep:

<https://sleepcouncil.org.uk/sleep-anxiety-tips-to-manage-anxiety-and-improve-sleep/>

Preparing for sleep is a good habit to get into. When we start to turn down lights, our Melatonin levels start to increase - this is the natural hormone in our bodies which is produced from Serotonin in the evening to help us feel sleepy. Serotonin is a chemical our bodies produce which is sometimes called the 'Happy Chemical' because it contributes to wellbeing and happiness.

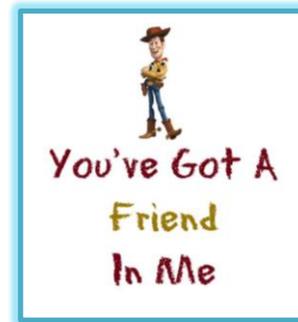
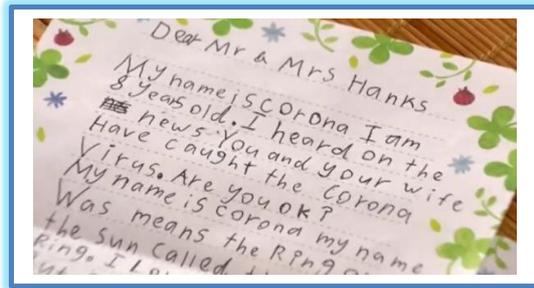
Things to try preparing for sleep are:

Avoid using harsh bright light in an evening, softer lighter or lamps are ideal. In the lighter evenings this is a perfect opportunity where natural light fades gradually, we do not need to switch our lights on so early in the evening. Some people like to go to sleep in a quiet room others find having some background noise is helpful for them to go to sleep.

Foods high in the amino acid Tryptophan can aid sleep. White meat such as turkey/chicken, wholegrain cereals, nuts, seeds, Tofu, salmon as well as dairy products contain Tryptophan. When we eat these types of foods our body converts them to serotonin and melatonin. Here is a list of some bedtime snacks to try which contain Tryptophan. A plain oat biscuit, small bowl of porridge oats (preferably without sugar) or a small banana along with a warm drink of milk. Vegans can use Almond milk which contains Tryptophan.

Good News Story

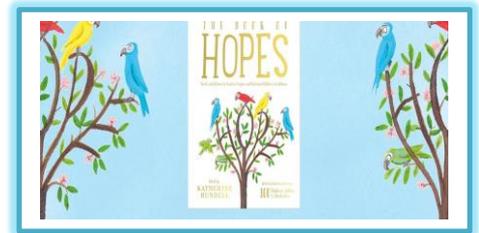
Corona De Vries, an 8 year old from Australia has been bullied since the coronavirus outbreak, making him feel scared and angry. Upon hearing that Tom Hanks and his wife had tested positive for Covid-19, Corona wrote a letter to check if the Toy Story star was okay. Tom and his wife were left feeling wonderful by Corona's kind letter and in response Tom sent a corona-branded typewriter with his letter to Corona which ended "P.S. You got a friend in ME!"



Activity of the week

The book of hopes

Why not try something different for a bedtime story and check out this book written especially for children in lockdown...



This book, edited by Katherine Rundell, is a wonderful collection of short stories, poems, essays and pictures with contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson.

The collection, published by Bloomsbury, is dedicated to the doctors, nurses, carers, porters, cleaners and everyone currently working in hospitals.

The Book of Hopes is currently available to read online only and is completely free to all children and families. Follow the link to read: <https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

Keeping Active

Pizza Pitta's (serves 4)



Ingredients

- 4 pitta breads (can also use wraps or slices of bread)
- 4 table spoons of tomato puree
- Toppings (ham, mushrooms, sweetcorn, peppers – whatever you/the kids choose)
- Cheese (sliced mozzarella or cheddar)
- 2 tablespoons of dried mixed herbs (optional)
- Black pepper (optional)

Method

- 1 - Preheat the oven to 190⁰C, fan 170⁰C, gas mark 5. Place the pitta breads on a baking tray.
- 2 - Spread 1 tablespoon of tomato puree onto each pitta, then top with chosen toppings and cheese. Sprinkle with mixed herbs and season with black pepper.
- 3 - Bake for 10-12 minutes, or until cheese is melted and bubbling. Serve with salad.

Contact us

If you have any questions or queries for the Southampton MHST Team please email us at;
SouthamptonMHST@Solent.nhs.uk

Useful Services and Websites for Parents and Young People

Please see the details of the following services that may also be able to offer you and your child advice and support. **Please note that during this unprecedented time services have had to change the way they work and offer support, so please contact the service directly to find out what is currently on offer.**

THE SOLENT WEST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):

If your child is currently receiving a service from CAMHS, a duty line for advice in the event of deterioration in your child / young person's mental health is available. Please request to speak to the duty worker on 0300 123 6661. You are also able to contact the Behaviour Helpline for advice and strategies with managing challenging behaviour on 0300 123 6661, your contact details will be taken and a Behaviour Advisor will return your call within 1 week.

Please be aware that in the current situation there may be a slight delay in responding to duty calls.

The Public Health Nursing (PHN) Service offers support to children, young people and their families who live in Southampton. The team is made up of Nurses, Emotional Health and Wellbeing workers and PHN Assistants; who can offer support for a wide range of health issues such as growth concerns, support with long term conditions, sleep problems, continence issues, general anxiety and much more. They have a confidential text messaging service called Solent Pulse where you can text any health questions and have them answered by a nurse. They are currently offering support through telephone calls, emails, text messages and video calling to comply with social distancing rules. If you would like to contact PHN for support please use one of the methods below:

Phone: 0300 123 6661 Solent Pulse: 07491 163278

Website: <https://what0-18.nhs.uk/solent/school-nursing>

Email: snhs.publichealthnursingsouthampton@nhs.net

USEFUL TELEPHONE NUMBERS:

Southampton Multi-Agency Support Hub: 02380 833336

(Safeguarding advice & parenting support).

Samaritans: Free phone 116 123

Parentline (24 hour advice): 0808 800 2222

Child line: 0800 1111

NHS direct: 111 – non emergency helpline

SANE mental health help line (every day 16.30-22.30) 0300 304 7000

Young Minds help line (Mon-Fri 9.30-4pm) 0808 802 5544

USEFUL WEBSITES – UNDERSTANDING SYMPTOMS, ADVICE AND SELF-HELP:

- <https://childdevelopmentinfo.com/> - This covers numerous 'symptoms' of developmental disorders and mental health conditions. It also has a lot of helpful advice ranging from 'online safety' to 'getting children to eat greens'. Mixture of articles and short videos.
- www.youngminds.org.uk – information and advice for young people, parents and professionals, includes a telephone advice line and videos. This website covers emotional health, mental health conditions and neurodevelopmental disorders e.g. Attention Deficit Hyperactivity Disorder.
- http://www.sane.org.uk/resources/mental_health_conditions/ - information and advice, includes resources and useful leaflets to manage symptoms of many mental health symptoms. It also has online forums and a telephone advice line (above).
- www.getselfhelp.co.uk – this website is an invaluable resource containing free downloadable activities and videos for you to support your child to manage their emotional and mental health.
- <http://www.moodjuice.scot.nhs.uk/> - Similar to 'getselfhelp'.
- **Selected mobile phone 'apps'** to help manage symptoms can be viewed here, although please consider age appropriateness: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx> (Or type 'Apps for Mental Health – NHS Choices into an internet search engine.)

Useful Services continued

NO LIMITS ADVICE PROJECT – <https://nolimitshelp.org.uk/> Contact Phone: 02380 224 224 – 13 The High Street, Southampton, SO17 1XN Email: enquiries@nolimitshelp.org.uk

Please contact the service via telephone, email or ‘drop-in’ to the advice centre.

The No Limits service offer advice and support to young people under the age of 26 years on many issues, including: housing, employment, money management advice, social support, symptoms of mental health, counselling for emotional ill-health, sexual health guidance, drug and alcohol support, victims and perpetrators of crime, plus much more.

SOUTHAMPTON CITY COUNCIL PARENTING ADVICE AND SUPPORT:

<http://sid.southampton.gov.uk/kb5/southampton/directory/results.action?familychannel=8-7-1> –

Please access this website to view a range of parenting support courses in Southampton. Or go into Southampton City Council’s website and type ‘families’ into the search bar.

Please also contact the Southampton City Council MASH Team on the telephone number above for further advice around services and parenting support.

RE:MINDS:

A parent-led support group for families of children with autism or mental health issues.

<https://www.reminds.org.uk/> With a closed Facebook group of over 600 members -

<https://www.facebook.com/groups/reminds>

CHILDREN WITH SPECIAL NEEDS:

The Buzz Network - a group for Southampton parents/carers of children with disabilities/special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria. <http://sid.southampton.gov.uk> – type ‘Buzz Network’ into the search engine for contact details.

CHILDREN WITH SUSPECTED AUTISTIC SPECTRUM DISORDERS <https://www.autismhampshire.org.uk/> -

Autism Hampshire: Information, Advice, ‘Needs Assessment’ and support. Community Access, Southampton Office –1648 Parkway, Whiteley, PO15 7AH, Tel: 02380 766162 Email:

communityaccess@autismhampshire.org.uk

BEREAVEMENT SUPPORT SERVICES:

- <http://www.theredlipstickfoundation.org/> - The Red Lipstick Foundation are here to offer services to families in Hampshire who have been bereaved by suicide or immediate family members following a person’s sudden death.
- <http://www.simonsays.org.uk/> - Tel: 08453 055 744 - Bereavement service for Children.
- <http://www.cruse.org.uk/?gclid=CMmGptiMktMCFYWRGwoduCOEjw> - National Bereavement Service.

DOMESTIC ABUSE SUPPORT SERVICES:

- <https://www.hamptontrust.org.uk/our-programmes/> - support projects for those who have perpetrated domestic abuse, and, adults and young people who have experienced domestic abuse.
- <https://www.yellowdoor.org.uk/> - Telephone: 023 8063 6313 - support project for adults and young people who have experienced physical and or sexual abuse.