



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.

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'

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.

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.



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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>