

'Mind Health' Tips

From Richard Black at 'Mind Health'

Our brains are fascinating and are constantly looking for patterns and familiarity. If your previous lockdowns (or alert level changes) were positive, then you might be feeling excited. For those of us who experienced anxiety and stress then the recent changes may have left you feeling a little overwhelmed.

We understand the most important thing in this season is your wellbeing and the wellbeing of your loved ones. To help you navigate this time we have put together a tool kit called The 6 C's. The C's help to create a sense of security for children at uncertain times. These can help strengthen your child's hauora or wellbeing, as well as their resilience. This may help some people, parents, carers, and whanau. The adults in the home can do a lot to help the emotional wellbeing, stability, and confidence of the child.

Kia kaha, Richard. <https://mindhealth.org/>

THE 6 C'S



CONSISTENCY

Have a consistent, purposeful routine in the home. Have regular times for getting up, going to bed, and meals. Have age-appropriate chores for each to do, and creative activities that can be scattered through the day.

CONTROL

Let them know you are in control for them. Talk about things in a matter-of-fact way. Limit media coverage. The events occurring are too big for a child to take control of, so when adults seem in control the child can just be a child.



CALM

Keeping calm keeps a child calm. This isn't about keeping everything quiet - the home may still be raucous. Keep calm and make your home a no-yell zone.

CONNECT

Have times of connecting as a family. Play games together. Eat meals together. Go for walks together. Listen to your child, finding out about what they are thinking and feeling.



CONTACT

Keep up nurturing affection through hugs, cuddle times, reading books, holding hands when out walking.

CREATIVITY

A child needs the stimulation of creativity through activities and ongoing projects. Brainstorm together what would be creative to do: drawing, building forts, playing music, baking, sewing, Lego...

