

Oaklands Junior School

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Dear Parents/Carers,

Adult Mental Health Matters

The changes and uncertainty created by this global pandemic are stressful for everyone. Children are sensitive to the moods of the adults around them and we need to look after ourselves so that we can look after our children.

Much can be found in the media about the importance of diet, sleep, exercise, time outdoors, keeping informed and connecting with others. Links to some resources can be found via the [‘Covid-19 Wellbeing’](#) button on the school’s homepage, e.g.

- ‘Advice for Parents’ from CUES Ed, an NHS organisation
- ‘Support for parents and carers’ from the Anna Freud National Centre for Children and Families
- ‘How to juggle your responsibilities as a parent at home’ from BBC Bitesize
- ‘Ten tips to promote resilience whilst at home’ from Wokingham Educational Psychology Service

If you have specific worries, try to find someone with whom you can share them. Putting your thoughts and feelings into words and feeling heard and understood helps reduce anxiety. When you feel calmer, you are more able to think clearly. Useful organisations might include the Citizens Advice Bureau, Relate, Berkshire Women’s Aid or those providing bereavement support (see the ‘Covid-19 Wellbeing’ page). Many counsellors now offer online sessions. Try the British Association for Counselling and Psychotherapy (BACP), British Psychotherapy Foundation (BPF), UK Council for Psychotherapy (UKCP) or speak to your GP.

Mrs Lenon, our Parent Support Advisor, may also be able to offer help, so please do make contact if you need any support or advice: nlenon@oaklands-jun.wokingham.sch.uk.

If you prefer self-help, the following books provide an opportunity to reflect on your parent-child relationship; even better if you can share your insights with someone.

- Philippa Perry’s ‘The Book You Wish Your Parents Had Read’ (and Your Children Will be Glad That You Did)
- Pam Leo’s ‘Connection Parenting’
- Sheila Redfern & Alistair Cooper’s ‘Reflective Parenting’

We are often our own harshest critics. We need to be kind to ourselves.

Yours faithfully,

Louise Mullier
Educational Psychotherapist



From a print by Molly Lemon