

Riverview Wellbeing Newsletter

Issue 5

Welcome to our fifth Wellbeing Newsletter—whilst we started this newsletter during the lockdowns, we are keen to continue them this year! Each issue will have a small focus area along with any helpful, local resources which you can access. I hope you find these helpful!

LETS TALK ABOUT SLEEP



We all know that feeling of waking up and feeling like we've only had about 10 minutes sleep, the rest of the day can be one disaster after another.... Now imagine having to sit in a warm classroom whilst the teacher is trying to explain a new way to multiply.... It would be near impossible.

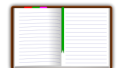
A lack of sleep affects your mental and physical health—sleep is as important as eating and drinking—lack of sleep causes problems with thinking and concentration, long term health issues and poor mental health. This goes for adults and children.

Below are 8 sleep hygiene tips:



Adults require 7 to 9 hours of sleep a night whilst primary school aged children need 10-11 hours of sleep a night.

Keep a worry list—Write down any worries that are on your mind or things you need to remember. This can help rest your mind before falling asleep.



Keep it consistent—Keeping a regular routine each night (brushing teeth etc.) will signal your brain that you are preparing for sleep and your body will respond



Meditation—Whilst some people find this silly or ineffective, there are great studies that show a short 5-10 minute meditation can reduce stress and calm a racing mind. Check out these YouTube clips or short and easy meditation.



Ensure the room is right—keep the room as dark as you like it and open a window for some fresh air.

Use calming pillow sprays—You can make these yourself by mixing Lavender essential oil, witch hazel and water in a spray bottle. A few sprays on your pillow can help to go off to sleep.



Don't force it—If you're in bed but don't feel sleepy, don't simply lay there, get out of bed and do something to relax you e.g. make a warm milky drink, read a book,

Limit Screen Time—The blue light emitted from computers, phones and TV screens can impact your brains ability to produce sleep hormones such as Melatonin



Upcoming Courses from Surrey Family Learning

Family wellbeing and cookery

[Yoga for Anxiety 3 weeks Tuesday 14th- 28th September 10-11.30 am](#)

[Family Yoga 3 week course \(with child 5-10 yrs\) Wednesday 15th -29th September 4.30-5.30pm](#)

[Health and wellness with Ayurveda 3 week course Thursday 16th -30th September 10-11.30am](#)

[Tasty Casseroles 3 week course Thursday 23rd September - 7th October 10-11.30 am](#)

Parenting

[Explore Behaviour Strategies 2 week course Thursday 16th -23rd September 1-2.30pm](#)

[Understanding Children's Behaviour 5 week course Friday 17th-September- 15th October 10.30 am -12 pm](#)

All of these courses are free of charge and take place over Zoom

Where to go for support

Where to go for help:

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>

This website is mainly for young people however has some extremely useful information for parents regarding how to support their children. <https://youngminds.org.uk/find-help/for-parents/>



The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>

The National Autism Society offers support for families of children with Autism—whilst they have postponed face to face meetings, they are holding a number of webinars and meetings over zoom.

