

Parent's Newsletter

March 2021

Eating Disorders Awareness Week – 1st – 7th March

Eating disorders are complex mental illnesses. They can affect absolutely anyone regardless of age, gender, ethnicity or background.

Eating Disorders are much more than being underweight or trying to lose weight. Supporting young people to understand the relationship between healthy eating, healthy bodies and healthy minds from a young age is really important.

If you would like to learn more about Eating Disorders please visit the Beat website that has some great information and useful resources: <https://www.beateatingdisorders.org.uk/types>



World Sleep Day - 12th March

Sleep is just as important to our bodies as eating and drinking and is vital for maintaining good physical and mental health. We know that young people who get good sleep have improved attention, behaviour, learning, memory and overall mental well-being.

If you or your young person would like more support around sleep, the Sleep Charity have some really helpful information: <https://thesleepcharity.org.uk/information-support/children/>



Check out page 3 and 4 for more about sleep



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.

Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



Team Spotlight

This month we are going to explore a little about a specialist pathway within CAMHS – the Eating Disorder Service.

CAMHS- The Eating Disorder Service

If a young person is struggling with negative thoughts about food or their body, it could be that they need support from our specialist community eating disorder team. They have a multidisciplinary team that can triage, assess, advise and offer a range of treatments; depending on the needs of the young person. Referral to this team is made by professionals only and would come after initial consultation from one of the other pathways in CAMHS.

Comic Relief - 19 March

"Funny can change things. It can connect us. It can be the difference"

This year comic relief are focusing on how being funny can help our mental health and wellbeing. They have also put together some brilliant resources which may be really helpful to anyone home schooling right now: <https://www.comicrelief.com/rednoseday/schools/freedownloads/>

To do our bit to spread some funny we have shared with you some of our favourite jokes...

Why can't you give Elsa a balloon? Cos she'll let it go!

- Louise

Why is 6 afraid of 7?
Because 7 8 9

- Jasmine

What's brown and sticky?
A stick

- Nat

Knock knock, who's there? Interrupting cow, Interrupting cow wh...Moo!!

- Josie

What did the big flower say to the little flower? Hi, bud

- Mairead

What did the cheese say when it looked in the mirror? Halloumi!

- Bec

What did the duck say when he bought a lipstick? Put it on my bill

- Alan



CAMHS

Mental Health Services

Good Sleep Quick Guide



Try and go to sleep and wake up at the same time each day - alarms help!



Don't eat too late at night, especially not carb heavy foods. Nuts and Bananas are good night time snacks



Make sure your bed is comfortable - dark, quiet and cool



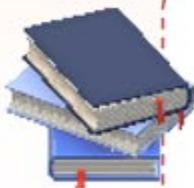
Avoid caffeine in the evenings, that includes chocolate!



Avoid screens in the evening, if you need them as part of your routine, make sure you flick them into night mode



Make sure to get plenty of exercise Its better as early in the day as possible



Establish a routine, do the same things each night so your body and brain recognise its time to sleep



Make sure you get as much sunshine as you can during the day, especially first thing in the morning

CAMHS

Mental Health Services

How much sleep do we need in 24 hours?

Zz

Zz

Zz

Zz

Zz

13-18 years old-
8-10 hours

6-12 years old-
9-12 hours

3-5 years- old 10-13 hours

1-2 years old- 11-14 hours

4-12 months old - 12-16 hours