Wellbeing for parents

Being a parent can be one of the best things in the world but it can also be one of the scariest, hardest and most difficult things you will ever do. It's important to not only look after the needs of your children but also yourself—self care isn't selfish.

The old adage—you can't fill from an empty cup is absolutely true, if you are not feeling your best then you can not be expected to give your children the best.

Your children's wellbeing is of upmost priority to us but so is yours! Staff in school are here to help but we have also put together this list of resources to support you in your own wellbeing.

What local services are there who can help me?

Open Minds Calderdale provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time or just need a little bit of extra help. They have also written a guide around emotional health and wellbeing for parents in conjunction with parents.

The School Website there is lots of information under the pastoral team tab on resources to support your own wellbeing.

If you would like a digital copy of this leaflet with the hyperlinks in please ask and we can email you one.

What else can I do?

Healthy eating: Eating healthily is not only good for our bodies but also our brains. From how to eat your 5 a day to food swaps, the change 4 life website has lots of information on how to make good choices with our diets.

Exercise: Being active is great for your body and mind and Active Calderdale has got lots of ideas on how to make your everyday activities more active.

Sleep: Sleeping well is just as important for our health as a healthy diet and exercise. The open minds website has lots of tips on getting a good nights sleep.

Exercising your mind: When you're feeling a bit worried or your head feels full of thoughts and it feels like a 'mind overload' there are things you can do to de-stress. The headspace website has lots of ideas for exercises to help you with this.