

Have you noticed changes in your child's behaviour?

Everyone can often feel low, angry or anxious at times, especially over the past 18 months. But if these changes are lasting for a long time or are significantly affecting your child, it might be time to seek some guidance. There are things you can look out for that might suggest your child is worried about something:

- Changes in behaviour
- Problems with sleep
- Losing interest in things you enjoy
- Being withdrawn
- Self-harm or neglecting themselves

There are lots of places you can get advice and help to support you and your child.

Young Minds provide a FREE Parents helpline and web chat providing confidential expert advice
 Young Minds Parents Helpline.
 You can call for free on 0808 802 5544 from 9:30am - 4pm, Monday – Friday
www.youngminds.org.uk



Sometimes it's easier to talk to someone other than mum or dad. Make sure your child knows who else they can talk to when something is worrying them. SHOUT provide free confidential support via text. <https://giveusashout.org/> Text REACH to 85258



Childline provide support via telephone, email and online web chat with a counsellor. Call: 0800 1111 <https://www.childline.org.uk/get-support/>



CAMHS support children and young people up to age 18 with their emotional and mental health and wellbeing. For further information contact visit [Halton Child and Adolescent Mental Health](#) **CAMHS**
 Child and Adolescent Mental Health Services

Bitesize Sessions

To book a place on online sessions email HIT@halton.gov.uk

Fussy Eating and Snacking	Wed 29 th September Thursday 21 st October Wednesday 17 th November Tuesday 14 th December	6pm 10am 1pm 6pm
Sleep and Screens	Wednesday 22 nd September Monday 18 th October Friday 12 th November Wednesday 8 th December	10am 6pm 10am 6pm
Mental Health & Emotional Wellbeing	Tuesday 14 th September Tuesday 19 th October Monday 18 th November Wednesday 1 st December	10am 1pm 6pm 10am



HALTON HEALTH IMPROVEMENT
Fit 4 Life
 Bite Size Sessions

Join us for our 1-hour parent/carer workshops:

- SLEEP & SCREENS**
 Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect a child's behaviour. We will explore how sleep affects your child's mood, health, learning, and how to look out for signs that your child's sleep is being affected. We will also look at how screens affect our children, and share ideas for managing screen time better.
- FUSSY EATING & SNACKING**
 Is your child a fussy eater? It's normal and there are a lot of reasons for it. In this session we will explore how to manage a fussy eater and share ideas for managing screen time better.
- MENTAL HEALTH & EMOTIONAL WELLBEING**
 Does your child have any worries or concerns? In this session we will explore how to manage a child's mental health and share ideas for managing screen time better. We will also explore how to manage a child's mental health and share ideas for managing screen time better.

These workshops are for parents and carers, and will be delivered via Microsoft Teams.

Choose from the following sessions:

Sleep & Screens	Fussy Eating & Snacking	Mental Health & Emotional Wellbeing
Wed 22 nd September	Mon 18 th October	Thu 24 th September
Mon 19 th October	Thu 21 st October	Mon 29 th October
Fri 12 th November	Wed 17 th November	Mon 18 th November
Wed 8 th December	Tue 14 th December	Wed 9 th November

To book your place, email HIT@halton.gov.uk

For more information call the team on:
 0300 029 0029
 or visit www.haltonhealthimprovement.co.uk

#HaltonBC Halton BC