

JUST FOR GROWN UPS

YOU SAID

Sometimes I don't know what to do for the best. All I want is for my children to grow up healthy and happy.

I worry that they don't get enough exercise, and sometimes feel under pressure at school and also because of the internet.

FRED SAID

Parents – you are doing a great job!

A healthy mind and a healthy body need a mix of things to keep them working and growing. Not every day has to be perfect. But if you are stuck for ideas, there are some tips on the back page.



FRED'S IDEAS FOR GROWN UPS

Have a break from your own phone too and try some fun alternatives to screen time: Playing in the garden or park together, boardgames and card games are great ways to spend time with children away from a digital-orientated environment.



Make sure healthy food and drink is usually available. Leave a bowl of cut-up fruit and veg, like apples, carrots, cucumbers or bananas, next to children while they watch TV or do their homework.

Try to make some time to talk away from distractions. Turn off the radio when you're driving somewhere or go for a walk together. The best time to find out how your child really feels is when they are relaxed.

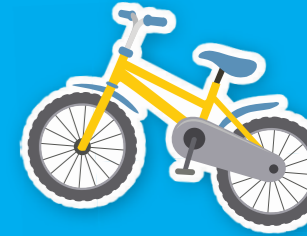


A regular bedtime with a routine beforehand helps everyone to sleep better.

The blue light emitted by mobile phones and tablets can interfere with our melatonin levels, the hormone we all need to help us sleep. It's a good idea if children (and adults!) **don't keep digital devices in their bedrooms** in case they are tempted to use them when they should be winding down ready to go to sleep.



NHS



DON'T FORGET FANTASTIC FRED



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Here's a handy guide that you can take home to read with your family. It contains helpful tips from Fantastic FRED that can help you look after your mental health.

GIVE YOUR BRAIN A HOLIDAY!



YOU SAID

Sometimes it's really hard to wake up in the mornings and I can't concentrate in school.

FRED SAID

What you need is a good night's sleep. When you are tired, it can be hard to think and concentrate which can make you feel worried and upset.

Sleep gives your brain a chance to relax and refresh. It also helps your body to mend after lots of exercise, and helps you to grow.

FRED'S TOP TIPS



Try these things and see if they help you to sleep.

Do the same thing every night so that your body knows it's bedtime: e.g. have a hot drink and read a book.

Make sure your room is dark and quiet and switch off all your devices (phone included) an hour before bedtime.

MORE PEAS PLEASE!



YOU SAID

I don't really like healthy food, why should I eat it? Sweets make me feel full of energy.

FRED SAID

Without a balanced diet, your body and mind may not grow properly and you'll struggle to feel healthy and strong.

Sugary food keeps you going for a little while, but if this is all you eat then you get a 'sugar crash' and can start to feel tired, fed up and fuzzy.

A diet of vegetables, fruit, dairy foods, meat and fish, plus the odd treat mixed in here and there, will make you feel better for longer and won't leave you feeling tired and fed-up.

FRED'S TOP TIPS



Be a food adventurer and eat as many different kinds of fruit and vegetables as you can!

If you don't like all vegetables and fruits, try some food swaps: Don't like cucumber? Have a tomato.

MOVE IT, MOVE IT!



YOU SAID

Why is exercise good for me?

FRED SAID

Exercise is great for your heart, lungs and your head!

Exercise isn't just good for your body, it can make you feel happy and give you energy. It helps produce endorphins which are 'fantastic' for mental health. Exercise can also help you sleep at night.

FRED'S TOP TIPS



Almost anything you do outside can be exercise. Try walking the dog, cycling, making a den, skateboarding, playing tag, or climbing a tree!

You can also have fun exercising indoors – how about a game of hide and seek, hold a dance competition or try hula hooping.

FUN & GAMING!



YOU SAID

I keep getting told to switch off my games, but my friends are all playing online and I don't want to miss out.

FRED SAID

Games are fine for about an hour a day, but try not to overdo it.

If you spend all your time indoors looking at a screen you might not be spending enough time doing other things. This can make you start to feel unhappy, without really knowing why.

It's really important to make time to enjoy real experiences with your friends and family.

FRED'S TOP TIPS



There's nothing better than spending time and having fun with friends and family, talking, playing or just getting some fresh air.

If you feel worried or sad about something at home or school, talk to a grown-up that you trust. That could be a parent, carer or grandparent, a teacher or anyone else who helps you.