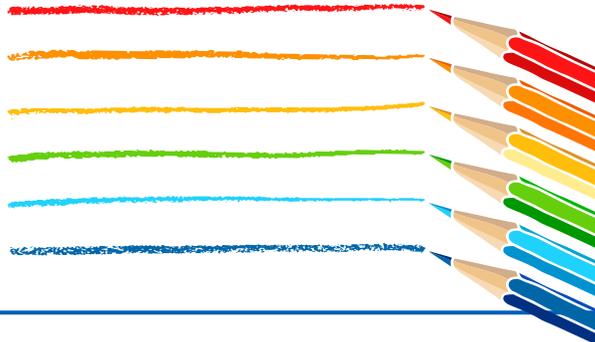


Mum and Me



What is mental health?

When we talk about mental health we are talking about feelings and thoughts in the mind. It can be helpful to think of them like a jigsaw.

You can have good mental health or poor mental health. When our mental health is good our feelings and thoughts change to suit the situation we find our self in. But when we are having poor mental health there can be a problem with our thoughts or feelings- sometimes they may feel like they have got stuck in the wrong place or not quite fit where they should almost like a jigsaw piece that needs help to be turned to fit into place. Sometimes it may seem like all the jigsaw pieces have been thrown into the air.



The mind is like a tricky jigsaw puzzle and sometimes we need help to get the pieces into places that feel comfortable.

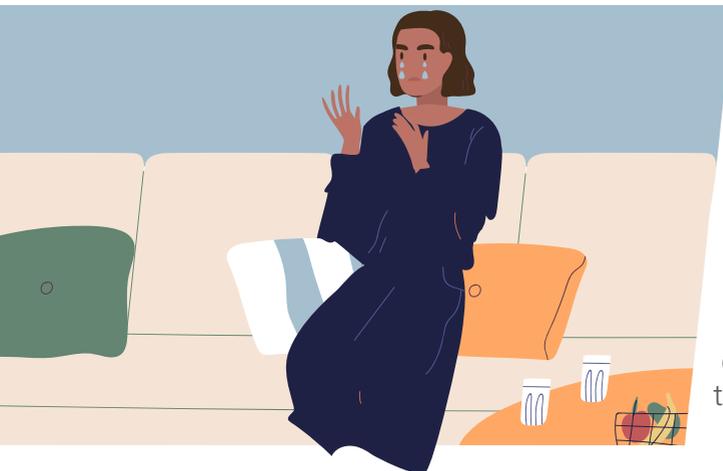
Sometimes when our mum has poor mental health, they may act different, or they might do unusual things like:



They may not be able to sleep or want to sleep all the time.

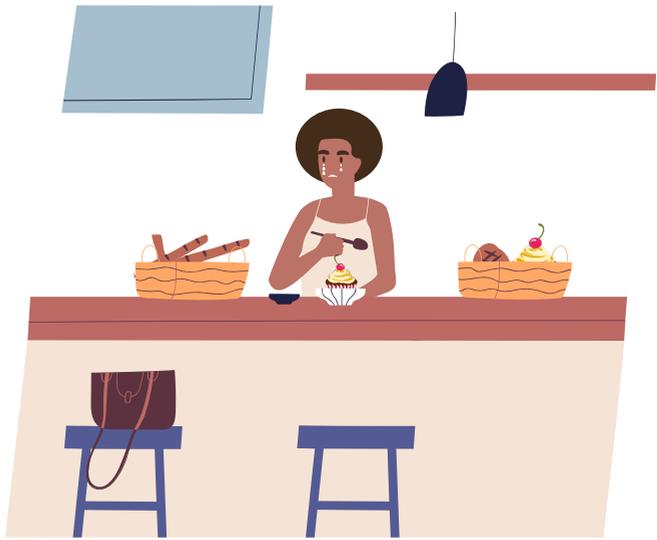


They may have no energy to play with you like they used to or may start to forget things.



They may cry, act sad or upset lots of the time.

They may not eat very much or eat lots.



They may go shopping and spend lots of money, maybe get lots of things that they don't need. Or do activities at unusual times of the day.



Even though this can all be very hard to understand at times, please always remember none of this is your fault and your mum does love you.

Having a mum who is poorly with their mental health can be confusing and difficult sometimes. You may feel many different emotions and this is ok.

Here are some of the emotions you could be feeling:

Emotions



happy



sad



angry



excited



afraid



shy



guilty



tired



jealous



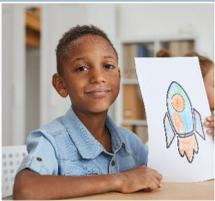
loved



hopeful



bored



proud



sorry



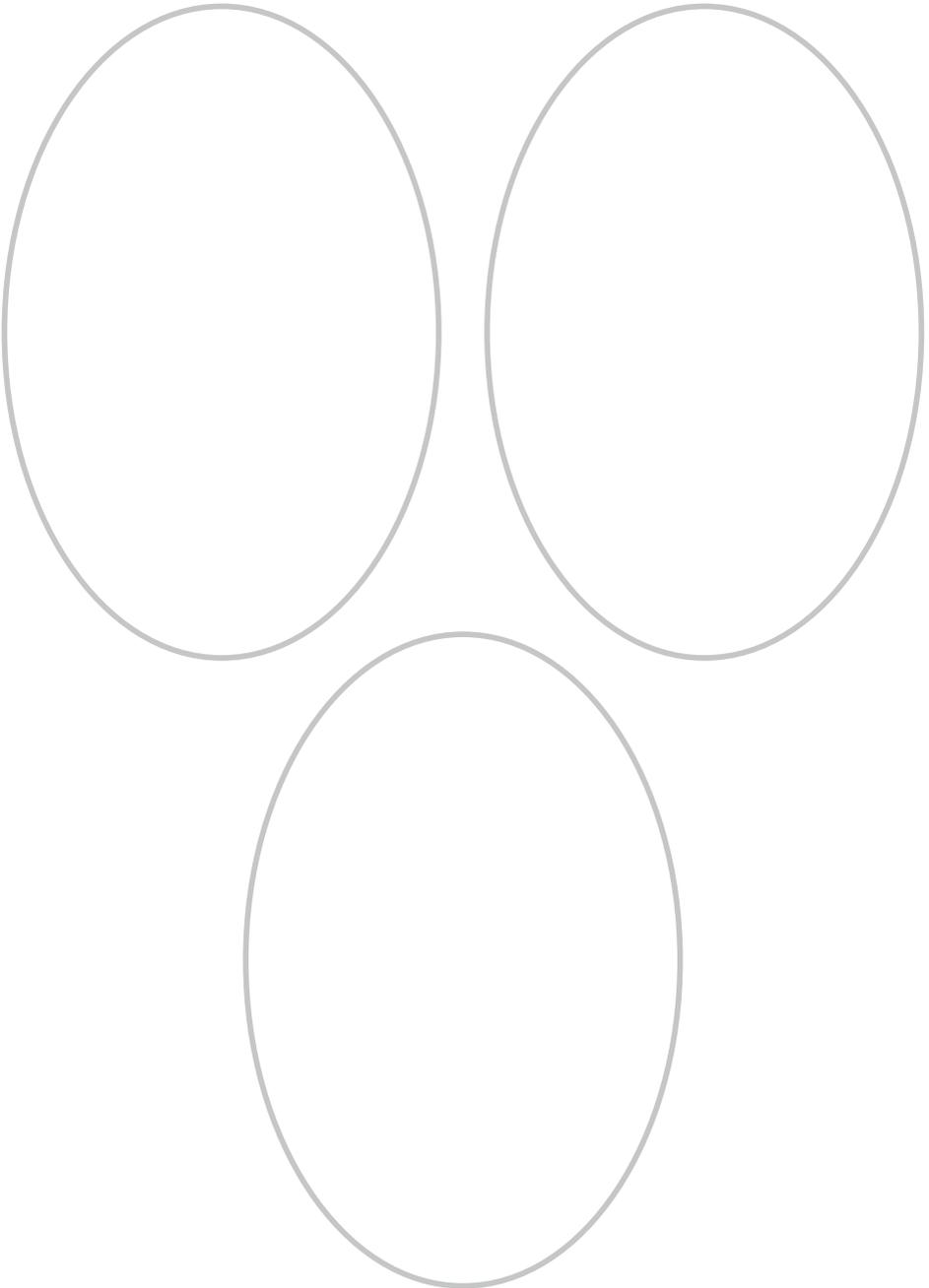
embarrassed



surprised

What feelings do you have?

Can you draw them in the faces below?



Sometimes when we are worried, we can be quiet as a mouse, shouty like a baboon, hide like an ostrich, run like a cheetah or changing all the time to fit what's happening around you like a chameleon.

Which ones do you sometimes feel like?



Everybody has worries sometimes.

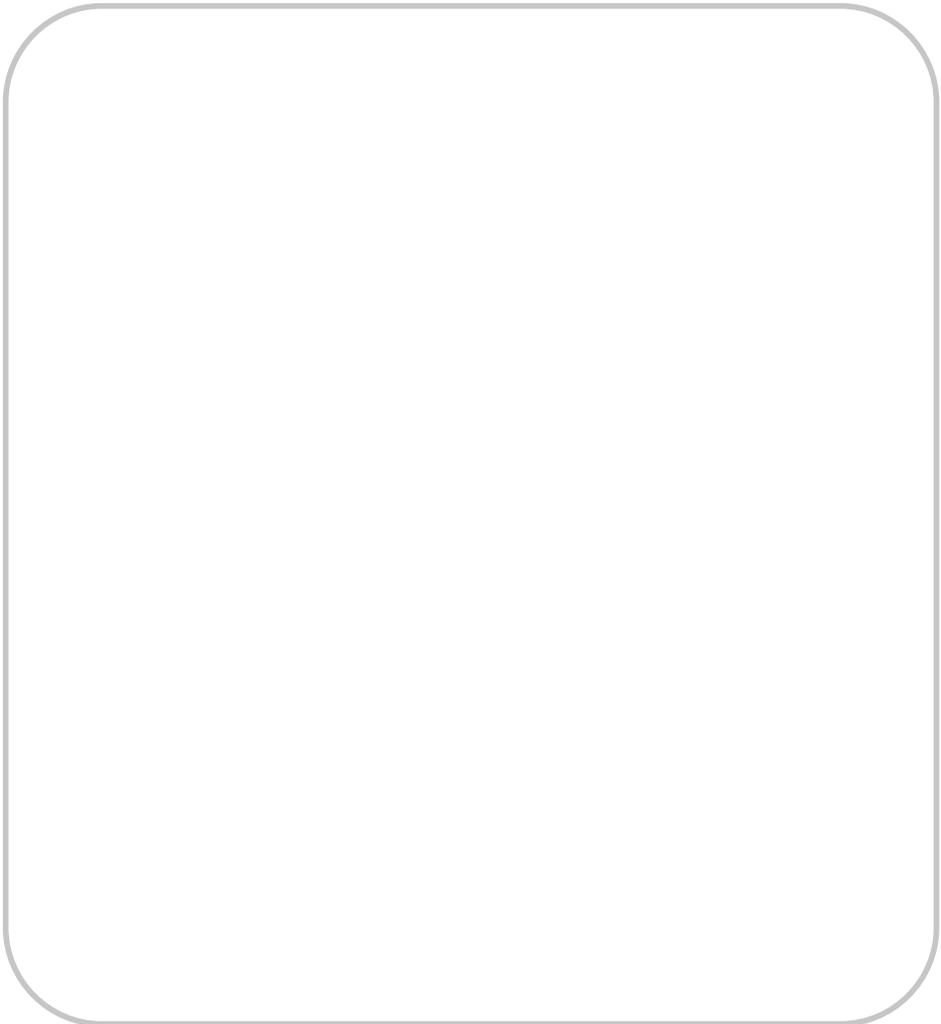
Can you write or draw any questions or worries you may have?

A large, empty rounded rectangular box with a thin grey border, intended for writing or drawing answers to the question above.

Talking to a grown up about your feelings and emotions can be really helpful: maybe a family member, family friend, teacher, or mental health worker.

Who do you find it helpful to talk with?

In the box below draw round your hand and in each finger write the name of the person you find it helpful to talk with.



If you wanted to speak to the mental health worker this is how to contact them:

Although your mum may have poorly mental health, the good news is that they can get better. They may be seen by a nurse, doctor, therapist, occupational therapist or nursery nurse that can talk to them, carry out activities or even give them medicine that may help them feel better. All these things can help that jigsaw piece fit back into place.

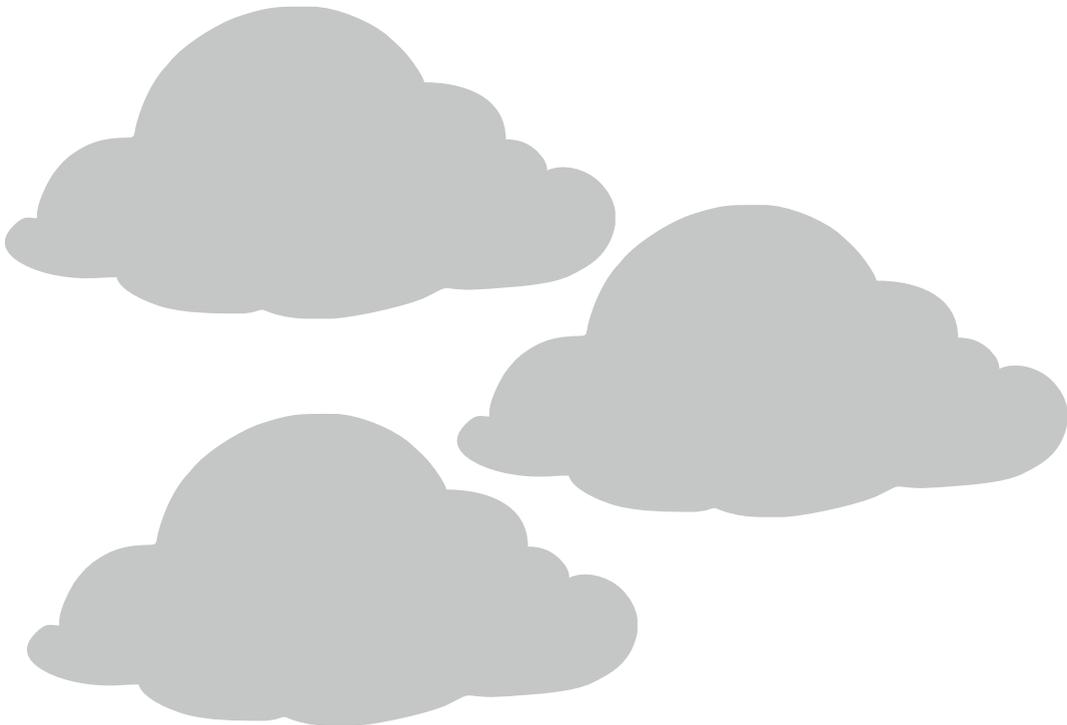


Sometimes mums may need to go to hospital to help them feel better as that jigsaw piece needs extra special help to fit back into place. At the hospital the doctors, nurses, therapists, and nursery nurses can help them, as well as them getting extra rest. When a mum goes into hospital sometimes their baby will go with them. This is because the baby is very young and needs to stay with their mum. This does not mean that the mum wants to leave any other children, or that she does not love them or her family. It is just that these hospitals don't have the things that bigger children need.

If a mum needs to go into hospital, arrangements can be made for the mum and children to talk on the phone, facetime and even visit once mum is well enough.

If your mum is in hospital and you can visit, you could take an activity or toy with you that you and your mum like to do or play with – what about a book or colouring book?

What could you think to take?

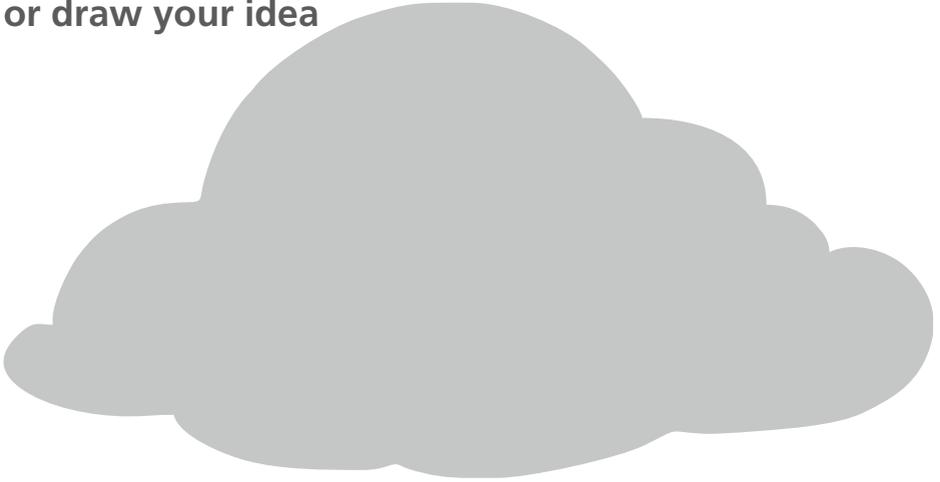


Important for you

Although this maybe a tricky time, it's also important to do things that you enjoy.

What do you like to do to have fun?

Maybe sing, dance, or play a game - can you write or draw your idea



What do you like to do to relax?

Maybe ride a bike, read a book - can you write or draw your idea:



Sometimes doing an activity that we focus on can help us relax.

You could try colouring in this picture

Courage



Can you buzz like a bee?

If you feel worried or stressed why not try this. It can help you feel calmer, help you think or help you relax.

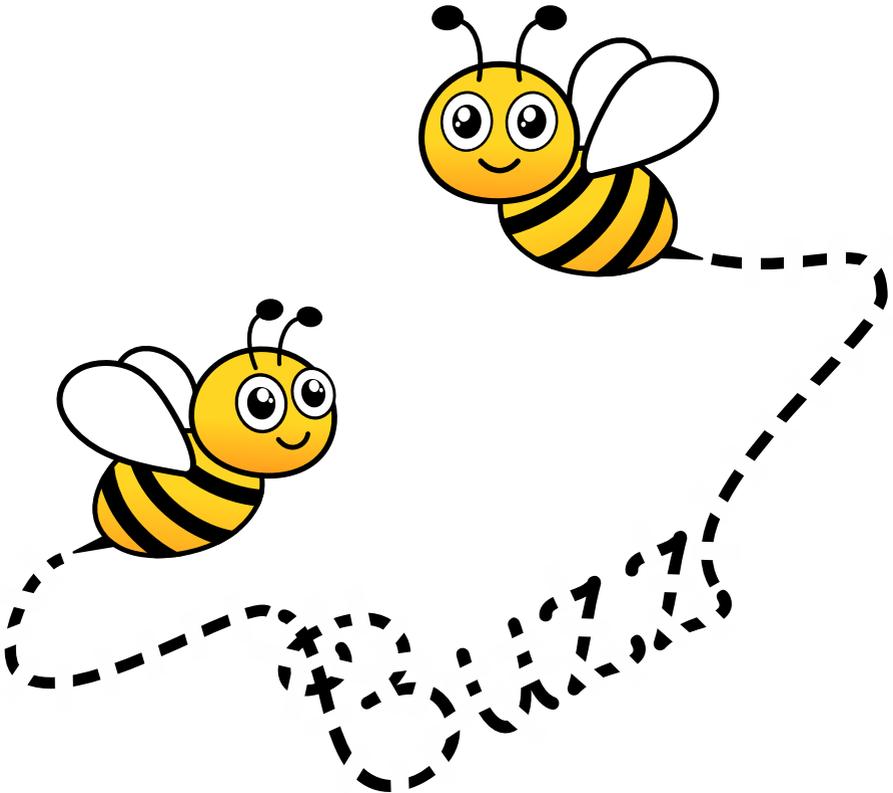
First shake your legs and arms, move your head from side to side.

Then take a deep breath in for the count of four.

As you breath out make a buzzing or low humming sound.

Make this breath last as long as you can whilst still buzzing, try keeping your mouth closed if possible.

Try this a few times and see if you feel a little more relaxed.



Emotions word search

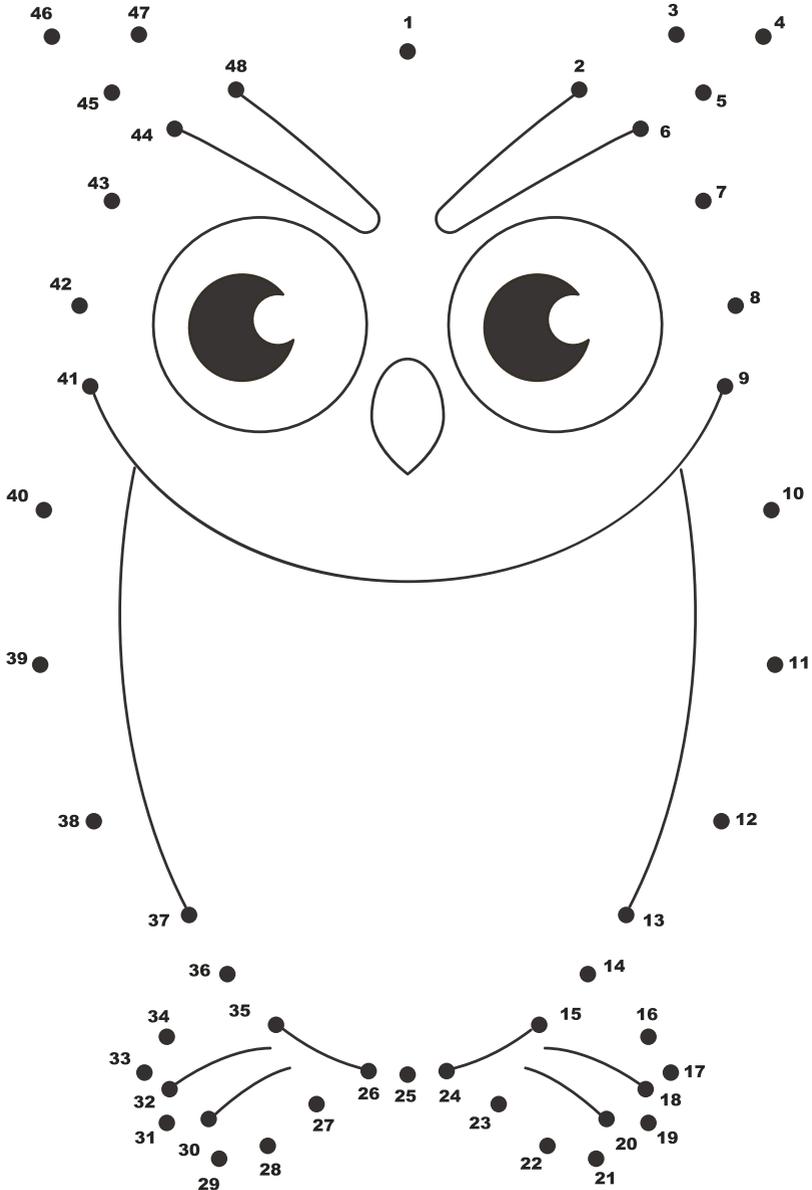
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Z	E	U	W	J	I	A	F	U	B	X	T	X	C	D	V	G
P	A	N	G	R	Y	B	Q	N	V	S	W	M	K	A	H	O

HAPPY
SAD
ANGRY
SCARED
LAUGHTER

EMOTIONAL
POSITIVE
NEGATIVE
RELAXED
TENSE

JEALOUS
WORRIED
EXCITED
SHOCKED
CONFIDENT

Connect the dots



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