

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
- Loosing 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- Being withdrawn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](https://www.hilton.gov.uk/camhs) **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 3-hour parent/carer workshops:

SLEEP & SCREENS
Did you know sleep well but right in this session we will explore how the length and quality of sleep can affect a child's health. This session will also explore how sleep affects your child's health. We will also look at how screens affect our children, and how to manage screen time better.

FUSSY EATING & SNACKING
Is your child a fussy eater? It's normal and there are lots of ways to get children to try new foods. In this session we will explore how to encourage your child to eat more variety, and how to manage the mess to food acceptance. We'll share healthy snack ideas as well as information to support snack times.

MENTAL HEALTH & EMOTIONAL WELLBEING
Developing the mental health and wellbeing of your child is a key priority for us. We will explore how to support your child's mental health, and how to manage their emotions. We'll share resources and techniques to promote positive mental health and build resilience.

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	10am	Wed 22 nd September	10am	Wed 22 nd September	10am
Mon 18 th October	6pm	Thu 21 st October	10am	Thu 21 st October	10am
Fri 12 th November	10am	Wed 17 th November	1pm	Mon 18 th November	6pm
Wed 8 th December	6pm	Tue 14 th December	6pm	Wed 1 st December	10am

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

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