

How parents/ carers can help support pupil wellbeing

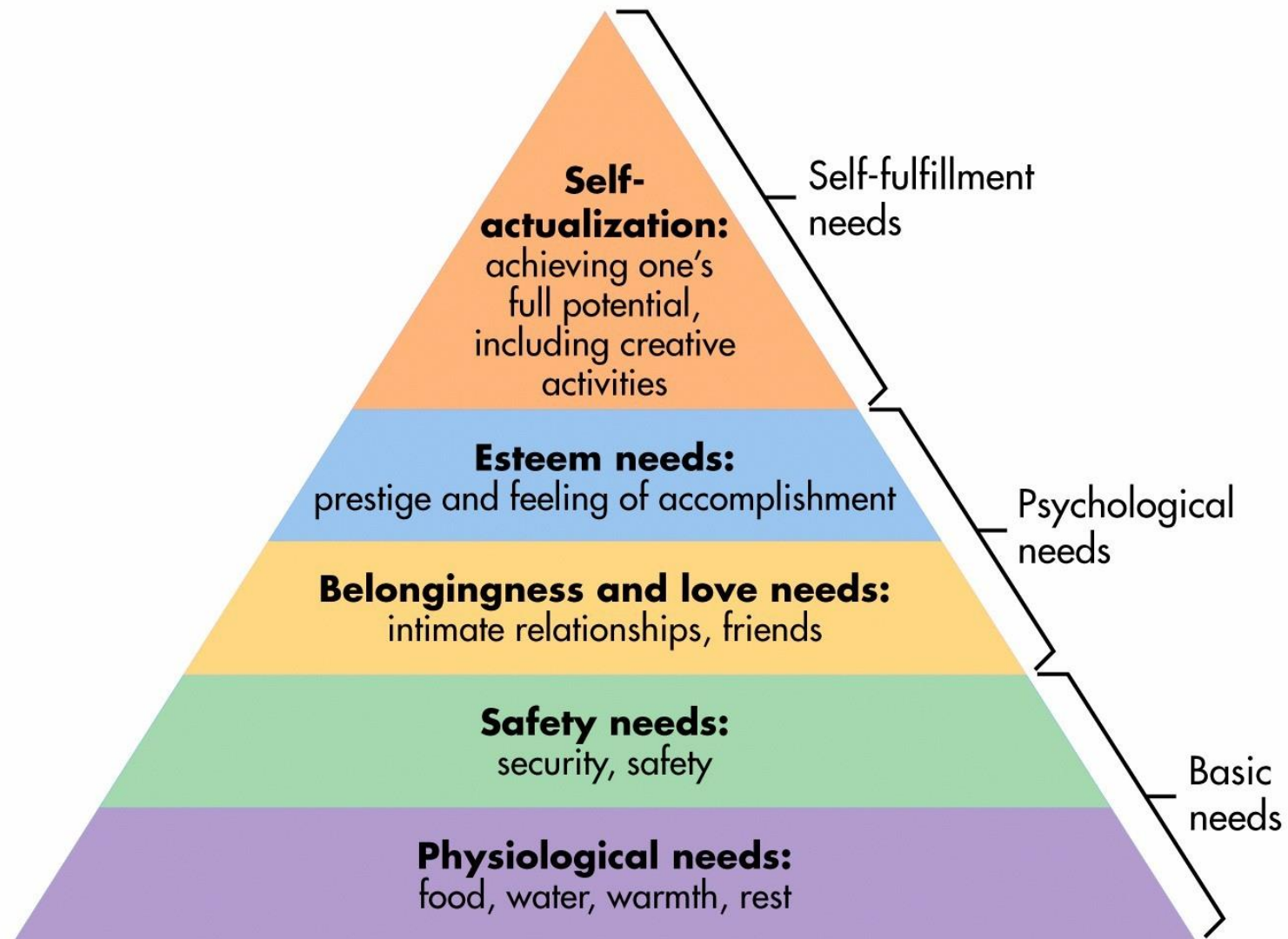
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Objectives

- To discuss Maslow's hierarchy of needs and how this links to pupil wellbeing.
- To discuss ways in which parents/ carers can help support pupil wellbeing.

Maslow's hierarchy of needs



Physiological needs – Diet

- Healthy breakfast that is high in complex carbohydrate/ protein and low in sugar.
- Five pieces of fruit and veg per day.
- Iron-rich foods (e.g., dark green veg; nuts and seeds; pulses and beans).
- Six to eight glasses of water per day.
- Caffeine (i.e., stop caffeine intake 6-hours before bed time).

Physiological needs – Sleep

- Children aged between 11 and 18 need 9- to 9.5-hours' sleep per night.
- Typical for children in this age group to develop a 'teenage sleep pattern' of less sleep than needed on a school night with more sleep than needed on a weekend night (i.e., to pay back the 'sleep debt' that has built up).
- Stop blue light technologies (e.g., mobiles; tablets; laptops; TV; games consoles) 2-hours before bed time and keep them away from the bedroom.
- Do mentally stimulating activities (e.g., homework) away from the bedroom.

Physiological needs – Sunlight

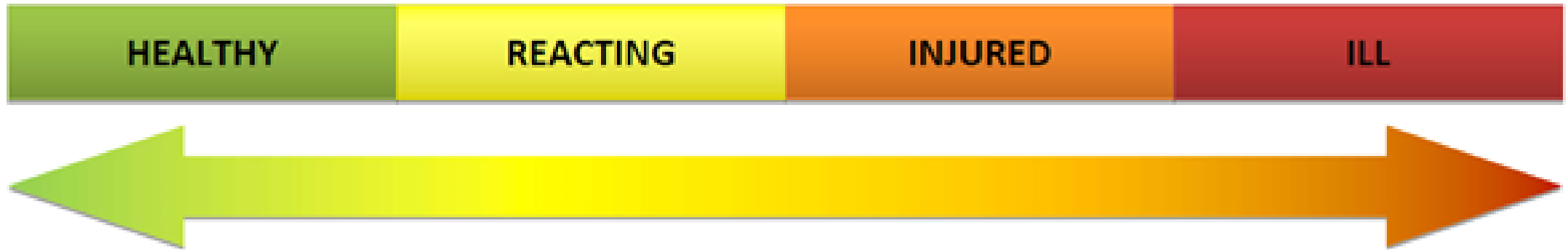
- When sunlight reaches our skin, our bodies produce Vitamin D.
- Whilst you can get Vitamin D in your diet (e.g., fatty fish; cheese; eggs), we get 90-95% from sunlight.
- Sunlight increases the body's production of serotonin – the neurotransmitter in our brain that is responsible for happiness and motivation.
- It is recommended that we spend 15-minutes a day outside in the sunlight (e.g., a quick walk).
- Open bedroom curtains.

Psychological needs – Parenting style

	LOW BOUNDARIES/ STRUCTURE	HIGH BOUNDARIES/ STRUCTURE
HIGH WARMTH/ NURTURE	<i>PERMISSIVE</i> <i>(lenient; indulgent; over- involved)</i>	<i>AUTHORITATIVE</i> <i>(supportive; assertive; flexible)</i>
LOW WARMTH/ NURTURE	<i>UNINVOLVED</i> <i>(distant; uninterested; passive)</i>	<i>AUTHORITARIAN</i> <i>(rigid; "because I said so"; "I'm the boss")</i>

A note on mental health

Mental Health Continuum Model



- The Children's Society (2008) found that 20% of adolescents may experience mental health difficulties within any given year, yet 70% of those with mental health difficulties do not receive support/intervention at a sufficiently early stage.

Wellbeing provision at AGGS

- See model.