#### Children's Mental Health Week - GM Ten Top Tips for Thriving

## Monday 5<sup>th</sup>-Sunday 11<sup>th</sup> Feb

### **Background**

Greater Manchester Ten Top Tips for Thriving are part of GMCA's Ten Top Tips package, a free resource aimed at supporting families and practitioners that work with young children.

The Ten Top Tips for Thriving offer tips that support children's social emotional development and wellbeing and to give children the best start in life.

Throughout the week, we'll be sharing the top tips across social media and directing people to our website to find out more. The social media activity will be supported by a more detailed powerpoint slide deck online (available to download and print), as well as a poster that can also be downloaded and printed for relevant spaces.

The top tips are complimented by BBC Tiny Happy People.

The purpose of this pack is to provide key messaging and copy to promote the GM Ten Top Tips for Thriving.

#### Links/info

- We'll be sharing 2 top tips a day from GMCA's core social media channels, with assets on Twitter (X) and Facebook and short reels on Instagram (please feel free to watch out for these and share)
- Our schedule:

Monday 5 <sup>th</sup>	Tip 1: "Our special bond starts to form when you sing and talk to me before I'm even born"
	Tip 2: "Seeing you calm and relaxed helps me to feel calm and relaxed too"
Tuesday 6 <sup>th</sup>	Tip 3: "I feel safe when you notice I need something and respond consistently"
	Tip 4: "I need help calming down when I feel overwhelmed by strong feelings"
Wednesday 7 <sup>th</sup>	Tip 5: "I like it when you use predictable routines and tell me what's coming next"
	Tip 6: "I like it when you recognise things I am doing well and celebrate with me"
Thursday 8 <sup>th</sup> <b>Tip 7:</b> "Meeting new people whilst being with you helps me to learn that interacting with others is safe and fun"	
Tip 8: "I learn words to describe the feelings in my body when you watch me closely and wonder aloud what I m	
Friday 9 <sup>th</sup> <b>Tip 9:</b> "If I'm struggling to manage my behaviour, talk to me calmly about why it's not okay and what I sho	
Tip 10: ""I love it when you give me your undivided attention when we play together"	

# <u>Copy</u>

Below is copy for Twitter/FB + the associated image and alt description. The copy is slightly amended for Instagram posts below.

Twitter/FB		
General	Calling all families and professionals that work with young children!	Greater
	Have you heard of @greatermcr's Top Ten Tips for Thriving?	Manchester 10 Top Tips for
	They're a great resource for you to support a young child's wellbeing 💙	Thriving
	[insert link]	Alt text: 'Greater Manchester 10 Top Tips for Thriving' alongside image of a happy toddler playing with toys
	#GM10TopTips	
General	It's #ChildrensMentalHealthWeek and we're sharing @greatermcr's Top Ten Tips for Thriving!	Greater
	This free resource offers simple tips to help support a young child's wellbeing, giving them the	Manchester 10
	best start in life 💮	Top Tips for Thriving
	Find out more 👉 [insert link]	
		Alt text: 'Greater Manchester 10 Top Tips for Thriving' alongside
	#GM10TopTips	image of a happy toddler playing with toys
General	Greater Manchester's 10 Top Tips for Thriving have been created for parents and professionals	MANCHESTER
	that work with young children to support their emotional development and wellbeing 💙	Greater Manchester 10
	Find out more 👉 [insert link]	Top Tips for Thriving
	#GM10TopTips	
		Alt text: 'Greater Manchester 10 Top Tips for Thriving' alongside
		image of a happy toddler playing with toys

Tip 1	1]IP 1	Creater Manchester 10 Top Tips for Thriving "Our special bond
	During pregnancy, your baby's brain is growing very quickly.	starts to form when you sing and talk to
	You can help their brain grow by taking time out to relax and talk to them, stroke your bump and play them your favourite music.	me before I'm even born"
	👉 [insert link]	Alt text: "Our special bond starts to form when you sing and talk to me before I'm even born" alongside image of a pregnant
	#GM10TopTips	person holding their bump
Tip 2		ORANTER Greater Manchester 10 Top Tips for Thriving
	Taking care of your own mental health means that you're in a better place to recognise and respond to your child's needs.	"Seeing you calm and relaxed helps me to feel calm and relaxed
	Remember that no parent is perfect and you may not feel calm and relaxed 100% of the time.	2
	[insert link]	Alt text: "Seeing you calm and relaxed helps me to feel calm and relaxed too" alongside image of someone sat on the sofa with a
	#GM10TopTips	cup of tea
Tip 3	3]IP 3	Greater Manchester 10 Top Tips for Thriving
	Watch your baby/child carefully and tune into what they're trying to tell you 📀	"I feel safe when you notice I need something and respond
	Consistently responding when your baby/child expresses that they need something helps them to	consistently"
	build trust in you.	3
	今 [insert link]	Alt text: "I feel safe when you notice I need something and
		respond consistently" alongside image of parents holding their
	#GM10TopTips	baby

Tip 4	4]IP 4	Greater Manchester 10 Top Tips for Thriving
	Young children's brains are still developing so they can't yet manage big feelings by themselves.	"I need help calming down when I feel
	When you see your child struggling to manage their feelings, offer support and help them get back to feeling calm again.	overwhelmed by strong feelings"
	[insert link]	Alt text: "I need help calming down when I feel overwhelmed by strong feelings" alongside image of woman holding crying baby
	#GM10TopTips	strong jeenings alongside intage of worthan notating crying baby
Tip 5	5 IP 5	Greater Manchester 10 Top Tips for Thriving
	Young children thrive on routines. They feel safe when they can predict what will be happening throughout the day.	"I like it when you use predictable routines and tell me what's
	Stability helps children feel calm which in turn supports their learning and development.	coming next"
	合 [insert link]	Alt text: "I like it when you use predictable routines and tell me what's coming next" alongside image of man playing with toddler
	#GM10TopTips	
Tip 6	6 IP 6 Children's self-esteem and confidence grows in response to important people in their life making	Orester Manchester 10 Top Tips for Thriving "I like it when you recognise things I am
	them feel special.	doing well and celebrate with me"
	Children love hearing grownups praise their efforts and successes 🌑	6
	[insert link]	Alt text: "I like it when you recognise things I am doing well and celebrate with me" alongside image of a happy toddler
	#GM10TopTips	

Tip 7	<ul> <li>IP 7</li> <li>Give your child lots of opportunities to safely interact with different adults and children whilst with you. This grows their confidence and helps them to learn important social skills.</li> <li>[insert link]</li> </ul>	Greater Hanchester 10 Top Tips for Thriving "Meeting new people whilst being with you helps me to learn that interacting with others is safe and fun" 7
	#GM10TopTips	Alt text: "Meeting new people whilst being with you helps me to
		learn that interacting with others is safe and fun" alongside
		image of two women with their babies playing
Tip 8	<ul> <li>IP 8</li> <li>Young children need adults to teach them words that they can use to describe how they are feeling, such as 'happy', 'sad', 'excited' and 'cross'.</li> <li>Help them find a positive way of dealing with their feelings.</li> </ul>	Creater Manchester 10 Top Tips for Thriving "I learn words to describe the feelings in my body when you watch me closely and wonder aloud what I may be feeling"
	Crisert link]	Alt text: "I learn words to describe the feelings in my body when
		you watch me closely and wonder aloud what I may be feeling"
	#GM10TopTips	alongside image of a man and toddler playing with building bricks
Tip 9	<ul> <li>IP 9</li> <li>Young children need adults to be warm and loving but also to set expectations for how to behave.</li> <li>Children respond best when adults remain calm and explain what they would like to see them doing instead.</li> </ul>	Greater Hanchester 10 Top Tips for Thriving "If I'm struggling to manage my behaviour, talk to me calmly about why it's not okay and what I should do instead" 9
	Compared [insert link]	Alt text: "If I'm struggling to manage my behaviour, talk to me
		calmly about why it's not okay and what I should do instead"
	#GM10TopTips	alongside image of toddler sat on woman's knee outside

Tip 10	10 TIP 10	Greater Manchester 10 Top Tipe for Thriving
	Young children love it when you are engrossed in play with them.	"I love it when you give me your undivided
	Play doesn't have to involve expensive toys, you are your child's favourite toy!	attention when we play together"
	👉 [insert link]	10
		Alt text: "I love it when you give me your undivided attention
	#GM10TopTips	when we play together" alongside image of a man playing with a
		baby outside

Instagram		
General	Calling all families and professionals that work with young children!	RAM/CHISTON
	Have you heard of Greater Manchester Top Ten Tips for Thriving?	Greater Manchester
	They're a great resource for you to support a young child's wellbeing 💙	10 Top Tips for Thriving
	Head over to @greatermcr to find out more!	Alt text: 'Greater Manchester 10 Top Tips for Thriving' alongside
	#GM10TopTips	image of a happy toddler playing with toys
General	It's #ChildrensMentalHealthWeek and we're sharing the Greater Manchester Top Ten Tips for Thriving!	Greater
	This free resource offers simple tips to help support a young child's wellbeing, giving them the best start in life 💮	Manchester 10 Top Tips for Thriving
	Head over to @greatermcr to find out more!	Alt text: 'Greater Manchester 10 Top Tips for Thriving' alongside
	#GM10TopTips	image of a happy toddler playing with toys

General	Greater Manchester's 10 Top Tips for Thriving have been created for parents and professionals that work with young children to support their emotional development and wellbeing Find out more by heading to @greatermcr! #GM10TopTips	Greater Manchester 10 Top Tips for Thriving Alt text: 'Greater Manchester 10 Top Tips for Thriving' alongside image of a happy toddler playing with toys
Posting all 10 as a carousel post	<ul> <li>Are you a parent of a young child or someone that works with young children? Have you heard of the Greater Manchester Top Ten Tips for Thriving?</li> <li>It's a free resource full of tips created by professionals to hep support the emotional development and wellbeing of the young child or children in your life.</li> <li>Swipe to check out our 10 top tips and head to @greatermcr to find out more!</li> <li>#GM10TopTips</li> </ul>	Post all 10 tips in order with alt text available for each below.
Tip 1	<ul> <li>IP 1</li> <li>During pregnancy, your baby's brain is growing very quickly.</li> <li>You can help their brain grow by taking time out to relax and talk to them, stroke your bump and play them your favourite music.</li> <li>Head over to @greatermcr to find out more!</li> <li>#GM10TopTips</li> </ul>	Image: Starts to form the starts to form when you sing and talk to me before I'm even born"         Image: Alt text: "Our special bond starts to form when you sing and talk to me before I'm even born"         Image: Alt text: "Our special bond starts to form when you sing and talk to me before I'm even born" alongside image of a pregnant person holding their bump

Tip 2		Greater Hanchester 10 Top Tips for Thriving
	Taking care of your own mental health means that you're in a better place to recognise and	"Seeing you calm
	respond to your child's needs.	and relaxed helps me to feel calm
		and relaxed too"
	Remember that no parent is perfect and you may not feel calm and relaxed 100% of the time.	
		2
	Head over to @greatermcr to find out more!	Alt text: "Seeing you calm and relaxed helps me to feel calm and
		relaxed too" alongside image of someone sat on the sofa with a
	#GM10TopTips	cup of tea
Tip 3		CUD UJ LEU  CELEURATER  Geneter Handbester 10 Top
TIP 5		Tips for Thriving
		"I feel safe when
	Watch your baby/child carefully and tune into what they're trying to tell you 😔	you notice I need
		something and respond
	Consistently responding when your baby/child expresses that they need something helps them to	consistently"
	build trust in you.	
		3
	Head over to @greatermcr to find out more!	Alt text: "I feel safe when you notice I need something and
		respond consistently" alongside image of parents holding their
	#GM10TopTips	baby
Tip 4	4]IP 4	DELATER HANCHESTER Tips for Thriving
	Young children's brains are still developing so they can't yet manage big feelings by themselves.	"I need help
		calming down when I feel
	When you see your child struggling to manage their feelings, offer support and help them get	overwhelmed by
	back to feeling calm again.	strong feelings"
	Head over to @greatermcr to find out more!	
		Alt text: "I need help calming down when I feel overwhelmed by
	#GM10TopTips	strong feelings" alongside image of woman holding crying baby

Tip 5	5 JIP 5	Concernment of The State Planchester 10 Top Tips for Thriving
	Young children thrive on routines. They feel safe when they can predict what will be happening throughout the day.	"I like it when you use predictable routines and tell me what's
	Stability helps children feel calm which in turn supports their learning and development.	coming next"
	Head over to @greatermcr to find out more!	Alt text: "I like it when you use predictable routines and tell me
	#GM10TopTips	what's coming next" alongside image of man playing with toddler
Tip 6	6 IP 6	Oreater Manchester 10 Top Tips for Thriving
	Children's self-esteem and confidence grows in response to important people in their life making them feel special.	"I like it when you use predictable routines and tell
	Children love hearing grownups praise their efforts and successes 🌑	me what's coming next"
	Head over to @greatermcr to find out more!	Alt text: "I like it when you recognise things I am doing well and
	#GM10TopTips	celebrate with me" alongside image of a happy toddler
Tip 7	IP 7         Give your child lots of opportunities to safely interact with different adults and children whilst with you. This grows their confidence and helps them to learn important social skills.	Bit All Market       Bit ID Top         Tigs for Thirds       "Meeting new         people whilst       being with you         heigs me to learn       that interacting         with others is       with others is
	Head over to @greatermcr to find out more!	safe and fun"
	#GM10TopTips	Alt text: "Meeting new people whilst being with you helps me to
		learn that interacting with others is safe and fun" alongside
		image of two women with their babies playing

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	#GM10TopTips	Alt text: "I love it when you give me your undivided attention
		when we play together" alongside image of a man playing with a
		baby outside
L	Contact: nolly harr@graatermanchester ca govulk	

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