

Children’s Mental Health Week – GM Ten Top Tips for Thriving

Monday 5th-Sunday 11th 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 th	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 th	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 th	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 th	Tip 7: “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 may be feeling”
Friday 9 th	Tip 9: “If I’m struggling to manage my behaviour, talk to me calmly about why it’s not okay and what I should do instead”
	Tip 10: ““I love it when you give me your undivided attention when we play together”




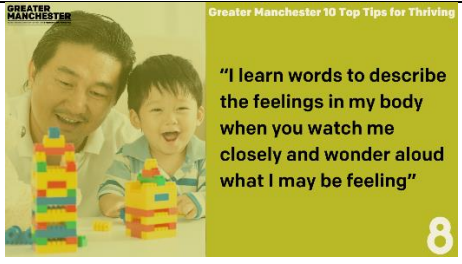

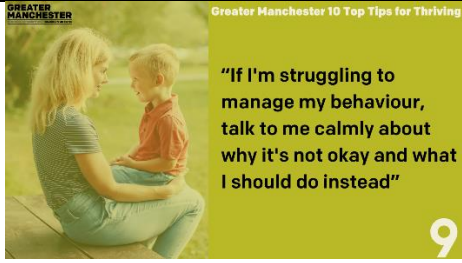
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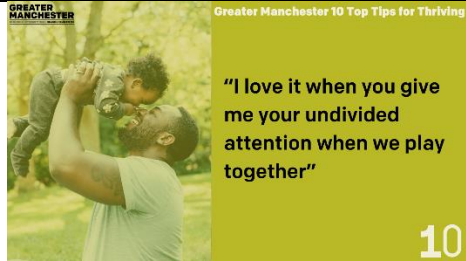
Below is copy for Twitter/FB + the associated image and alt description. The copy is slightly amended for Instagram posts below.



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







<p>Tip 1</p>	<p>1 TIP 1</p> <p>During pregnancy, your baby’s brain is growing very quickly.</p> <p>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.</p> <p>👉 [insert link]</p> <p>#GM10TopTips</p>	 <p>Greater Manchester 10 Top Tips for Thriving</p> <p>“Our special bond starts to form when you sing and talk to me before I’m even born”</p> <p>1</p> <p>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</p>
<p>Tip 2</p>	<p>2 TIP 2</p> <p>Taking care of your own mental health means that you’re in a better place to recognise and respond to your child's needs.</p> <p>Remember that no parent is perfect and you may not feel calm and relaxed 100% of the time.</p> <p>👉 [insert link]</p> <p>#GM10TopTips</p>	 <p>Greater Manchester 10 Top Tips for Thriving</p> <p>“Seeing you calm and relaxed helps me to feel calm and relaxed too”</p> <p>2</p> <p>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 cup of tea</p>
<p>Tip 3</p>	<p>3 TIP 3</p> <p>Watch your baby/child carefully and tune into what they’re trying to tell you 🗣️</p> <p>Consistently responding when your baby/child expresses that they need something helps them to build trust in you.</p> <p>👉 [insert link]</p> <p>#GM10TopTips</p>	 <p>Greater Manchester 10 Top Tips for Thriving</p> <p>“I feel safe when you notice I need something and respond consistently”</p> <p>3</p> <p>Alt text: “I feel safe when you notice I need something and respond consistently” alongside image of parents holding their baby</p>




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


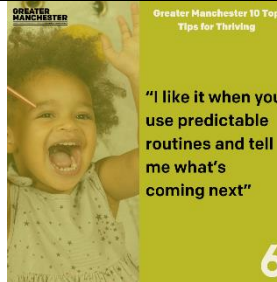

<p>Tip 7</p>	<p>7 TIP 7</p> <p>Give your child lots of opportunities to safely interact with different adults and children whilst with you. This grows their confidence and helps them to learn important social skills.</p> <p> [insert link]</p> <p>#GM10TopTips</p>	 <p><i>Alt text: "Meeting new people whilst being with you helps me to learn that interacting with others is safe and fun" alongside image of two women with their babies playing</i></p>
<p>Tip 8</p>	<p>8 TIP 8</p> <p>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'.</p> <p>Help them find a positive way of dealing with their feelings.</p> <p> [insert link]</p> <p>#GM10TopTips</p>	 <p><i>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" alongside image of a man and toddler playing with building bricks</i></p>
<p>Tip 9</p>	<p>9 TIP 9</p> <p>Young children need adults to be warm and loving but also to set expectations for how to behave.</p> <p>Children respond best when adults remain calm and explain what they would like to see them doing instead.</p> <p> [insert link]</p> <p>#GM10TopTips</p>	 <p><i>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" alongside image of toddler sat on woman's knee outside</i></p>


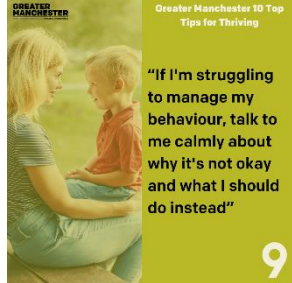

<p>Tip 10</p>	<p>10 TIP 10</p> <p>Young children love it when you are engrossed in play with them.</p> <p>Play doesn't have to involve expensive toys, you are your child's favourite toy!</p> <p>👉 [insert link]</p> <p>#GM10TopTips</p>	 <p>Alt text: "I love it when you give me your undivided attention when we play together" alongside image of a man playing with a baby outside</p>
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Instagram		
<p>General</p>	<p>Calling all families and professionals that work with young children! 📣</p> <p>Have you heard of Greater Manchester Top Ten Tips for Thriving?</p> <p>They're a great resource for you to support a young child's wellbeing 💚</p> <p>👉 Head over to @greatermcr to find out more!</p> <p>#GM10TopTips</p>	 <p>Alt text: 'Greater Manchester 10 Top Tips for Thriving' alongside image of a happy toddler playing with toys</p>
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<p>Posting all 10 as a carousel post</p>	<p>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?</p> <p>It's a free resource full of tips created by professionals to help support the emotional development and wellbeing of the young child or children in your life.</p> <p> Swipe to check out our 10 top tips and head to @greatermcr to find out more!</p> <p>#GM10TopTips</p>	<p>Post all 10 tips in order with alt text available for each below.</p>
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Contact: polly.barr@greatermanchester-ca.gov.uk