Parent coffee morning at Hallfield primary

Tuesday 18th April 2023

9am- 10am



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Early Help
School Inclusion Team

Stacey Edmead – Senior Family Practitioner

Naresh Chall- Family Practitioner

Thais Wizenberg- Family Practitioner

Patricia Kenna- Lead Clinical Practitioner



Working with children, parents, carers and teachers to prepare for the transition to secondary school

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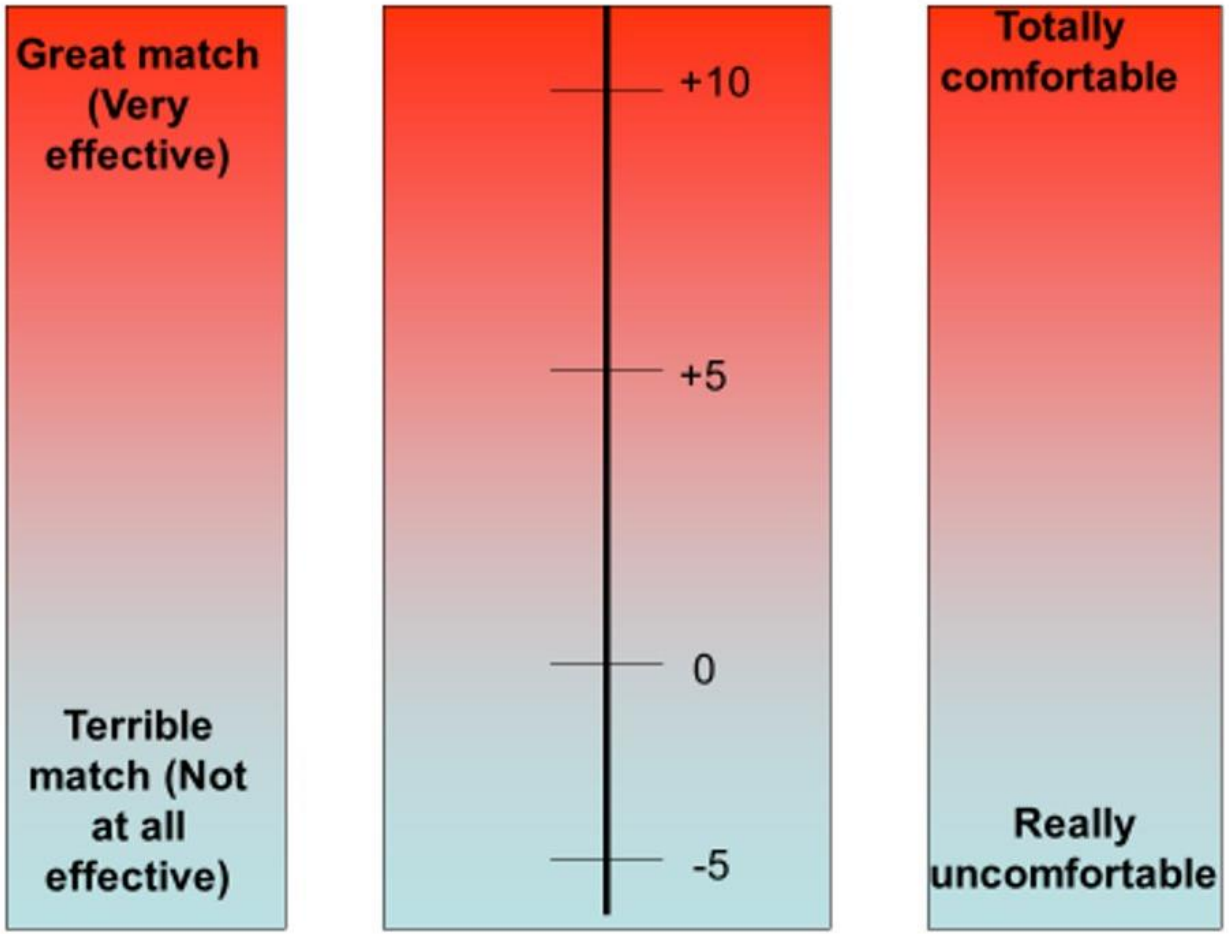
Where is your energy at right now?



Blaustein & Kinniburgh, 2010;
Kinniburgh & Blaustein, 2005

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Safety today

Safe space:
for everyone
to respect
confidentiality

- **Self care:** to be aware of our wellbeing
- **Support:** each other by showing kindness and feel free to ask questions

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True or False?

Children don’t get stressed	FALSE
Stress is the body’s reaction to feeling threatened	TRUE
You can recover from a mental health problem	TRUE
Social media causes mental health problems	FALSE

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How can we help our children cope with stress?

What are external stressors for children?

- Bullying/peer pressure
- New school/ change
- Academic pressure/exams
- Navigating neurodiversity/ disability
- Family stress
- World events
- Domestic abuse/abuse
- Social media

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Social media



Questions to consider

- Is the app, game or website content age appropriate and safe?
- Who is your child communicating with online?
- How long is your child spending online?
- Have you talked about staying safe online with your child?
- Does your child need supervision while online?
- **Have you noticed a change in your child's behaviour?**
- What photos or information does your child share?

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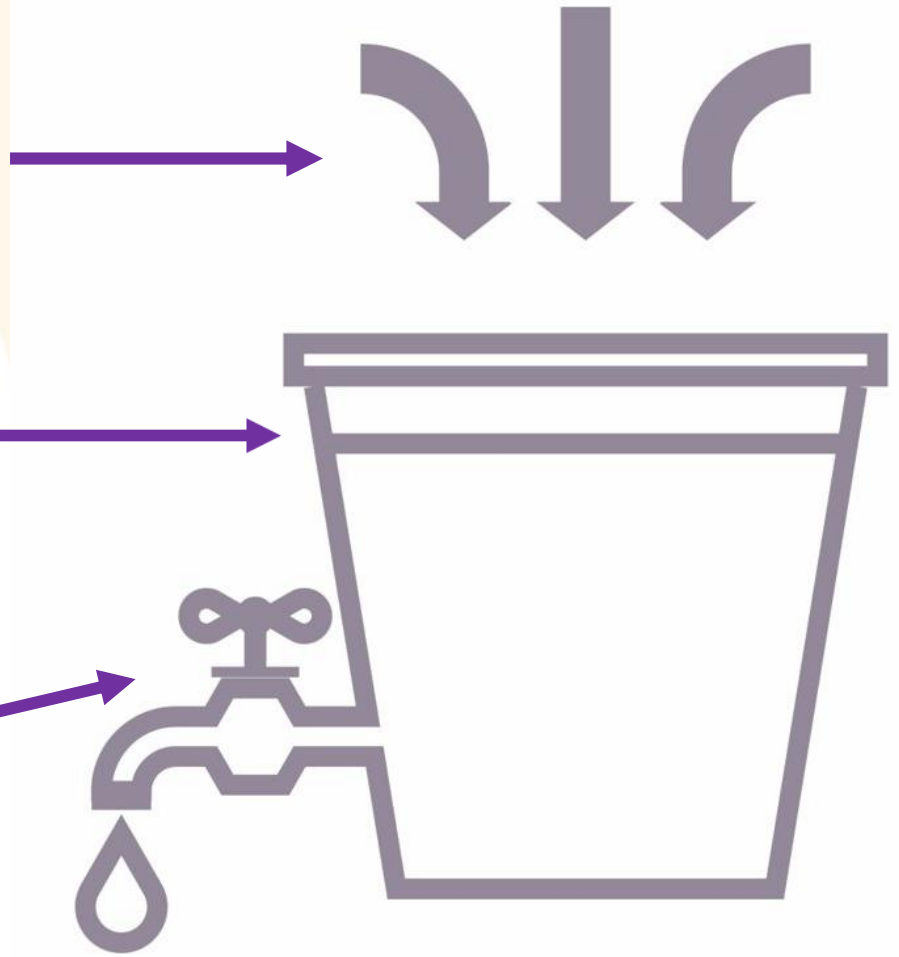
My stress bucket

What stresses you out?

What impacts your ability to manage stress?

What are your coping strategies?



Are they helpful or unhelpful?

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Coping strategies

Breathing exercises	Going for a walk	Drawing	Singing
Cooking	Exercise/stretching	Playing a game	Reading
Seeing a friend or family member	Helping someone	Trying something new	Talking about it

Remember, there is no such thing as a perfect parent



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“Connection before correction”

- **“I hate her, I’m not going to school!”**
- “It sounds like you are angry, let’s take some deep breaths and you can tell me what happened?”

- **“Leave me alone, I didn’t sleep!”**
- “You must be feeling tired. When you couldn’t get to sleep, was there anything on your mind?”

- **“I don’t care I didn’t do good in my test!”**
- “You look really disappointed. Do you remember a time when you were proud of yourself?”

- **“Nobody likes me”**
- “That sounds lonely, what makes you think that?”

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Help for parents and carers

- Talk to school staff
- NSPCC website & Helpline: 0808 800 5000
- Young Minds helpline

0808 802 5544, Monday - Friday 9:30am - 4:00pm

- Parent zone (SEND) localoffer@rbkc.gov.uk
- GP can refer to Children's Mental Health Service (CAMHS)
- Ollee app (8-11 year olds)

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Thank you for coming