



Emotional and wellbeing support for children and families at home

Summer 2020

Parenting support:

If you live in **West Sussex** you can get support through the **Enabling Families** programme via the Children and Family Centre in Southbourne:

Southbourne.cfc@westsussex.gov.uk

Tel: 01243 642953

If you live in **Hampshire**, you can access the Barnardos Specialist Parenting Support Service, contact details and the self-referral form are available at <https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service>

You can also text your **school nurse** through the **ChatHealth Messaging Service**. **Parent/carers of a child aged 5-19 can send a text to 07480 635424**. You can text them for confidential advice and support on a wide range of issues:

- Behaviour
- Contenance
- Emotional health
- Self-harm
- Bullying
- Minor accidents and illnesses

Your ChatHealth messaging service is run by the Healthy Child Programme 5-19 School Nursing Service and is available from 0900 am to 4.30 pm Monday –Friday (excluding Bank Holidays). They aim to reply to you within one working day and you should get an immediate bounce-back to confirm they received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from them, contact your GP, NHS 111 or dial 999 if it is an emergency.

Positive mental health and wellbeing



Anna Freud

National Centre for
Children and Families

The Anna Freud Centre have created a number of resources:

Self-care summer activity pack (attached) Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised. Help your child create their own self-care plan

Mindfulness calendar (attached): a two-week calendar with daily mindfulness activity suggestions. The simple, short activities encourage children to focus on what's around them to find a sense of calm.

Anxiety and worry



www.smilingmind.com.au Technology can be a great tool for encouraging mindfulness in children. This app features lots of mindfulness and meditation activities specifically designed for parents and children to do together. (As ever, adults should always explore apps first before sharing with children, and should always monitor their use of apps.)

Smiling Mind have also released [New digital care packs](#). These Care Packs provide tips and guidance on how to build positive mental health in children, and offer a range of simple, evidence-based activities that can be used with children aged five to 12 years to provide immediate relief against worry and anxiety, or used to support a proactive positive mental health approach. Each pack explores related topics and contains downloadable activities for children.

Behaviour



Help for children with difficult behaviour and negative emotions heightened by the pandemic. The charity [Nip in the Bud](#) has added Families under Pressure - a series of very short animation films with simple tips and tricks for schools to share with parents and carers.



www.yourspacetherapies.org

Boost the Bond – Therapeutic Parenting Course



Many parents will have experienced extremes in their relationships with their children during the COVID-19 school closure period. This course provides support, information, hands on skills and activities to empower parents in managing tantrums, challenging behaviour, anxiety and children's emotional needs in creative and loving ways. The essential skills parents learn on this course promote building strong bonds between parents and children.

Price **£20 inc. VAT**
6-8pm
 Tuesday 3rd November 2020
 Tuesday 2nd February 2021

Returning to school

Some simple top tips for helping children feel more ready to return to the school environment.

https://www.traumainformedschools.co.uk/images/preparing_your_child_for_the_return_to_school.jpg

Partnership for Children (www.partnershipforchildren.org) have produced a number of resources:

- **Going back to school** - a table that parents can work through to discuss worries and things children can do to help these worries (attached)
- **Letting Go and Future Plans** activity



The charity [Nip in the Bud](http://www.nipinthebud.org) has produced a short film and fact sheet to help parents and teachers deal with any potential feelings of apprehension and anxiety that children may experience on **returning to school**. In this 8 minute film Dr Jess Richardson, Principal Clinical Psychologist, (National & Specialist CAMHS and Maudsley) provides important and straightforward suggestions. Watch the film [here](#). Please view the accompanying comprehensive Fact Sheet [here](#).



Reaching families are running a series of free workshops during the Summer holidays, including one on Preparing your Child for Returning to School. Bookings can be made at:

<https://www.eventbrite.co.uk/o/reaching-families-8261724058>

Preparing your Child for Returning to School

Thurs 20th August 10.30am

Covering many issues including changes children may see around school, government guidelines and law, communication with and expectations from school, transitioning to a new setting and anxieties that children and parent-carers may be experiencing.

Befriending and Counselling

We continue to offer telephone befriending & counselling during the summer.

Please contact admin@reachingfamilies.org.uk for further details

www.reachingfamilies.org.uk



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Social stories



Southbourne Junior School Back to School Social Story (attached)



My Back to School Bubble - This simple, illustrated e-book is ideal for parents of young children to explore what the return to school might look like, and help them feel more prepared.

https://e-bug.eu/eng_home.aspx?cc=eng&ss=1&t=Information%20about%20the%20Coronavirus

Other useful websites

YOUNGMINDS

<https://youngminds.org.uk/> Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm



Improving
children's
mental health

<https://www.place2be.org.uk/>

Adult wellbeing and mental health



Meditation and sleep made simple <https://www.headspace.com/>



Smiling Mind - mindfulness and meditation app for adults as well as children

<https://www.smilingmind.com.au/>



Reaching families are running a series of free workshops during the Summer holidays, including 3 sessions on Mindfulness. Bookings can be made at <https://www.eventbrite.co.uk/o/reaching-families-8261724058>

Summer Holiday Events 2020

Mindfulness

Explore Mindfulness practice using exercises for Mindfulness Based Stress Reduction. This practice can help you be present in the moment, develop awareness and acceptance, helping you to relax and reduce stress.

Weds 29th July 7pm Weds 12th August 7pm Weds 26th August 7pm

Umbrellas

Connect with other parent carers at our weekly Zoom Support Group

Tuesday 21st July 2pm Tuesday 11th August 2pm
Tuesday 28th July 2pm Tuesday 18th August 7.30pm
Tuesday 4th August 7.30pm Tuesday 25th August 2pm

Workshops

Inclusive Play - Thursday 23rd July 10.30am

Explore possibilities within inclusive play, understand why we play and the benefits of it, providing ideas for creative engagement with your child.

Multi-Sensory Story Telling - Thursday 6th August 10.30am

Explore multi-sensory storytelling and bring your favourite stories and songs to life through sensory inputs that engage the senses.

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