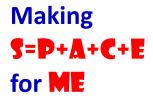


St Thomas of Canterbury Catholic Primary School

Where every child is special



Well Being Hand-out. Tuesday 12th November 2019





Ways to develop each of these:

ways to develop each of these.				
Coping	Belonging	Responsibility	SPACE for Learning	Communicating
Constantly working	Encourage	Hand responsibility	Use language of	1:1 time with your
to build self-	participation in	over to your child in	positive learning	child.
esteem.	clubs and activities	an age appropriate	habits.	The importance of
Avoid trying to	Language of	way.	Success =	reading with and to
"solve" problems	belonging- family-	Encourage	Perseverance	your child.
for our children-	school- place of	independence with	+A positive, can-do	Language
give them ideas and	worship.	resources/ school	Attitude	development.
strategies to try.	Encourage your	equipment/	+Confidence	Language around
Give them age	child to see	homework	+Effort	mental health/
appropriate	everyone as unique	routines/ dressing/	Praise effort rather	feelings and
responsibility.	and of worth. How	eating.	than outcome.	emotions.
Develop	all of us have	Avoid doing too	Value homework.	To have the
independence.	different strengths	much for your child.	Read with and to	language to know
Encourage children	and weaknesses.	Encourage them to	your child.	how to ask for help.
to reflect on their	Reinforce our	take responsibility	Role model.	
blessings/	Golden Rule: "to	for their actions.	Recognise and	
encourage glass half	treat others as you	When they make	promote the need	
full mind-set- model	would want to be	poor choices know	for	
optimism.	treated yourself"	we learn from them	 Healthy eating 	
Teach your child	and the Golden	and provide	 Exercise 	
about the need to	Threads	opportunities for	 Good quality 	
share concerns- can		resolution.	sleep	
they identify		Opportunities for	Regulating screen	
trusted adults they		sleepovers/	time and having a	
would talk to?		independence.	range of interests.	
That it is ok to need			interests.	
and ask for help.				







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Helpful Organisations

<u>Family Lives</u> Have a great website with all sorts of information on a wide range of parenting topics and a free helpline which parents can call as many times as they wish https://www.familylives.org.uk/

CYP Haven

A special service for your people aged 10-18 based in Ward Street, Guildford that gives young people a place to go if they are concerned about how they are feeling. Workshops take place regularly on different topics such as healthy relationships, managing feelings, self- care and coping with stress. www.CYPhaven.net

Surrey Family Information Service

The Surrey Family Information Service website has information on a very wide range of services for parents, families and children. www.surreycc.gov.uk/fis

Book List for Emotional Literacy, resilience and Self Esteem

Being me and Loving it - Naomi Richards and Julia Hague

Stories to help build self-esteem, confidence, positive body image and resilience in children (Suitable for older primary years)

<u>The Great Big Book of Feelings</u> (picture book) Mary Hoffman – a great conversational prompt for early years recognition and discussion of feelings.

<u>The huge Bag of Worries</u> Virginia Ironside. A lovely picture book and story about a young girl who finds that her huge bag of worries is greatly relieved when a friendly adult helps to unpack and sort through them with her.

Contacts at school:

Kate Carter, Inclusion Leader: mrscarter@st-thomas.surrey.sch.uk

Claire Daniels, Home School Link Worker: hslw@st-thomas.surrey.sch.uk or phone on 07725 250 435 Neil Lewin, Headteacher and School "Mental Health Champion": mrlewin@st-thomas.surrey.sch.uk

Forthcoming Workshops this year:

4th February

Helping your child make S=P+A+C+E for ME – looking at the needs for resilience and good mental health (Session 2 of 3)

Promoting high self esteem and confidence

23rd March

Helping your child make S=P+A+C+E for ME – looking at the needs for resilience and good mental health (Session 3 of 3)

Helping your child with anxieties or worries



