



Parenting Support Workshops for Primary Schools

This parent course we offer for parents of primary-aged pupils was developed by Educational Psychologists within the Thought-Full team.

The course uses evidence-based approaches and are suitable for any parents who would like some guidance and ideas about how best to support their child's emotional wellbeing but would be particularly suitable for those whose children experience fears and worries. The five sessions will take place at school and will be led by mental health professionals who are experienced in supporting children and families with emotional wellbeing and mental health.

Session 1 – The first session starts with understanding anxiety and introduces the biological function of anxiety. We also spend time getting to know each other, parents' experiences with their children and what they would like to gain from the workshops.

Session 2 - This session is one of two which focuses on supporting children with anxiety and worries. It explores what keeps anxiety going and the strategies that can be used to support children.

Session 3 - This is the second session on supporting children with anxiety and worries. There will be further discussion of approaches to support an anxious child including use of language and the PACE approach (playfulness, acceptance, curiosity and empathy), including some ideas about how parents can incorporate these areas into their daily life.

Session 4 - In this session we introduce emotion coaching which is a step-by-step approach in helping children to learn about emotions and how to deal with them.

Session 5 - In the final session we look at encouraging resilience. We explore how we can support anxious children to build their resilience and grow into adults who can cope with life's ups and downs. We bring the session to a close by reflecting on the workshops and next steps.