



Reconnecting time

Children naturally look to their parents for nurturing and guidance, especially in the current climate we find ourselves in. It is a stressful and anxious time for most people and sometimes we forget to reconnect with our children, asking how they feel or just opening conversation about their day, allowing time to reconnect with each other. Maybe we have forgotten how we feel ourselves. Have you had 5 minutes to check in with your feelings today? Take a few breaths, pause, and ask yourself how you are doing today.

How can parents help?

Try to spend half an hour of **Special Time**, one-on-one, every day (or as often as you can). This seems so simple that most parents under-estimate the impact. Take it in turns to talk and to listen, maybe engage in an activity that is fun! It does not always have to be just talking, reconnecting is about finding ways to enjoy the time together. It might bring a smile to your face; embrace the fun.

Sometimes we could all do with someone to talk to. If you would like to meet Roxy for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Tuesdays at 9-10am. You can call/text Roxy on 07730416019 or email her at roxy@schoolsounsellingpartnership.co.uk