



## Tower Hamlets Schools Counselling Partnership

*Supporting children, families and schools*

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

### **Nurturing Yourself While Nurturing Your Child**

Self-care is essential for all parents. In fact, it is important for everyone and more so during these current times. It is not only invaluable to staying patient, but also to keep finding joy and delight that is present every day with your children - even on those difficult ones. Children are happier and will cooperate more when you are joyful, calm and present. When you are feeling stressed, they may believe it is their fault, feel anxious and that they are not good enough. Your big job then, is to make sure you are parenting yourself just as well as you are parenting your child.

### **How can parents help?**

Try to tune into yourself as much as possible throughout the day and listen to what you and your body may need. Take deep breaths whenever you can, breathing in calm and breathing out stress. You can say to yourself as you breathe in '*In with the calm.*' And '*Out with stress.*' as you breathe out.

When you are feeling irritable, it is important to stop and think about what it is you need right now to stay balanced: can you sit outside for 5mins or put on some music and dance? Have a glass of water? Plan something you can do for yourself later, once the children are in their beds? You can also find ways to nurture yourself through times in the day that tend to be most difficult. Perhaps you can drink a cup of tea during bedtime stories or start evening routine a little earlier. Finally, being present and slowing down will help you to take in more of the joy of every moment with your child and it will replenish your spirit.

**If you would like to make an appointment to speak to Khalida, please either email her at [khaque1.211@lgflmail.org](mailto:khaque1.211@lgflmail.org) or call/text her on 07730 416 019. She works at Chisenhale on Tuesdays.**