

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.

**How to enjoy a great summer as a family**

The summer break is quickly approaching! This is a great opportunity to build memories together and to connect with your children. The key is to find the balance between having just enough activity without over-scheduling your days. You will have had great practice at this over the recent lockdown period. Many of you are still dealing with children being at home as well as working from home. However it is also important to be aware that transitions take time: after a year of built-up stress or tension from school and in this year’s case the 4/5 months of pandemic and lockdown, your child may decompress into a meltdown or a few tantrums before he can fully settle into a new rhythm.

**How can parents help?**

Find some time every day to have some fun with your child: real belly laughs and some safe rough and tumble together are great decompressors and stress busters. Remember that he will also still need some structure: make sure his day/week has a shape and a routine so that he knows what to expect and what is expected of him. It is equally as important for children to have some downtime once in a while so that they can practice getting creative with their time: how about starting a ‘boredom buster jar’ with ideas of things they can do (on their own) when they feel bored. Limit technology use to certain times of the day. Keeping in mind that technology has been and will remain an important way, particularly for older children, to remain connected with their friends (and extended families). A sense of belonging and feeling connected is a significant part of our emotional and mental wellbeings. And why not reflect back on the summer at the end of August by putting together a photo album or drawing pictures of your favourite memories in a book? This too will create a sense of connectedness however this time with you.

Khalida is not available now until September. If you would like to arrange a meeting or chat with her for then then please contact her on the details below. She wishes to thank you all for welcoming the Schools Counselling Partnership into the Chisenhale fold – she very much feels a part of the school community. And on behalf of the Schools Counselling Partnership she wishes you and your families a wonderful bonding and fun filled summer holiday.

If you would like further information or advice around mental health then please visit [www.mind.org.uk](http://www.mind.org.uk) and/or [www.youngminds.org.uk](http://www.youngminds.org.uk). If you reach a crisis point and feel at an immediate risk then please attend your local A&E or call the emergency services. Should you need someone to talk things through with please call Samaritans on ***116 123****.*

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