



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.

Have you made mistakes as a parent?

We all have difficult times, when we know we are messing up. Sometimes, we get triggered and we forget to see things from our child's perspective. So we lose it, react to their behaviours and can later be left filled with remorse.

How can parents help?

Parenting is hard and we are only human- which means that your child doesn't need you to be perfect. In fact, what he needs from you is the space to be imperfect too, and to be loved and accepted for who he is. Luckily, we can model how to repair: "I'm so sorry I yelled at you... You don't ever deserve to be yelled at. Let's rewind and try again. Here is what I meant to say..." As long as our ruptures are followed by reconnection and outweighed by positive moments, they become learning opportunities for our children.

Sometimes we could all do with someone to talk to. If you would like to meet Khalida for a confidential and non-judgemental chat about you, your child or any other worries, she is available on Tuesdays 9-10am. To book an appointment, you can contact her using the details below

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