



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.

November Newsletter

I'm looking forward to seeing many of you at the Parent Workshop next Tuesday morning, 9-10am in the Library, where we'll be learning about the child's developing brain and ways to regulate during difficult moments (details below). In the meantime, here are some tips for supporting a child that may find social situations challenging.



Supporting your child who worries in social situations

Many children can be described as "shy". Often, what this can mean is that they are sensitive to their environment and can easily feel overwhelmed; perhaps they are introverted, meaning that they need quiet time away from people to renew their energy; or maybe they get so absorbed in their play and ideas that they aren't so interested in interacting with others.

How can parents help?

Firstly, try to avoid labelling your child as "shy", as they may think there is something wrong with them. Instead, be sure to stay sensitive to their needs and empathise with what they're finding difficult. You can point out that they are able to overcome their fears: take the time to coach them on how to make friends and how to express their needs to others. Let them know that it is normal for everyone to feel a little uncomfortable when they first meet someone, or walk into a room full of people, and brainstorm together ways that they can overcome their worries in these situations. To empower your child, try to avoid being over-protective. Instead, after validating their feelings, let them know that they are capable of doing hard things.

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, 9-10am. To book an appointment, you can call/text Roxy on **07730416019** or email her at roxy@schoolscounsellingpartnership.co.uk

Parent Workshop with Schools Counselling Partnership

"Flip Your Lid." A brain perspective to understanding challenging emotions and behaviour.

Tuesday 15th November

9am in the Library

We'll be looking at what happens in the brain when a child displays challenging behaviours and emotions, and exploring ways to regulate, connect, while nurturing brain development. Run by Roxy, the school's Therapeutic Lead from Schools Counselling Partnership, in school every Tuesday.