



## 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.

### **Help your child feel heard**

Children are more likely to follow our rules when they feel we are listening to them.

**How can parents help?** Acknowledge what your child is asking for, even if your answer is 'no'. For example: *"I hear you. You're saying it loud and clear - NO BATH! You really don't want to have a bath! Tonight you do need to have one, though... Which do you choose- a bath or a shower?"* Offering a choice to your child can be really powerful because they feel they have some control, even if it's small.

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

Khalida Haque, Counselling Services Manager

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