



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.

Special time

Children naturally look to their parents for nurturing and guidance. If they're convinced that we're on their side, they want to please us. So if your child is defiant, or you keep finding yourself in power struggles, it might be a sign that your relationship needs strengthening.

How can parents help?

Try to spend half an hour (or at least 10 minutes of undivided) **Special Time**, one-on-one, every day (or as often as you can). This seems so simple that most parents under-estimate its power and impact. Take it in turns to choose the activity and make it fun! You'll likely see an immediate difference in your child's willingness to cooperate.

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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