



## 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.

### Helping with transitions

Children need our help to make the transition from one activity to another. Just like when we are engrossed on the computer screen or another activity we find it hard to pull ourselves away to tend to a whining child. Children experience our repeated nagging in the same way we experience their whining: meaning they try to tune it out.

### How can parents help?

Give one warning before they need to change activities. Then when you go back in five minutes:

- **Connect** with your child by commenting on the activity they are engaged in for example: "Wow, look at those trains go!"
- **Remind** them of your deal: "Ok, Nico, it's been five minutes. Remember our deal? Five minutes and no fuss. It's bath time now."

Then, **create a bridge** from their play to what you're asking: "Do you want the two engines to leap off the track and race all the way to the bathroom? Here, I'll take this one and you take that one; Let's zoom!"

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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