

Working Together

If you have concerns about your child's emotional wellbeing, please speak to your child's class teacher or contact Mrs Saunders through the office.

We are here to support your child every step of the way.

Feedback from Families and Children

'Thank you for all your support, it makes me feel safe' - Year 4 child

'Very grateful for the level of support and understanding, more than I could have hoped for' - Parent

'Thank you for helping our family, the change has been awesome' - Parent

'Very supportive to me and my husband, makes children and adults feel safe at difficult times' - Parent

'She feels safe, has someone to talk to who she feels safe with, and her behaviour has improved' - Parent

'It is so nice to see her building in confidence' - Parent

'Clearly explained, very openly discussed and feel totally supported as a family' - Parent

Safeguarding Lead: Sally Wall

Deputy Safeguarding Lead:

Dan Saunders



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Trauma-informed Approaches and Emotional Coaching

Supporting Your Child's Emotional Wellbeing

This leaflet explains Trauma-Informed Approaches and how they align with Emotional Coaching to support your child's emotional development and resilience.

*Every Child Matters,
Every Moment Counts*

What is a Trauma-informed approach?

A trauma-informed approach recognises the impact of trauma on a child's development and behaviour. It focuses on creating a safe, supportive environment where children feel secure and understood. We believe a whole school approach is necessary to ensure effectiveness.

- Recognises signs of trauma
- Responds with empathy, consistency and understanding
- Builds strong, trusting relationships
- Reduces re-traumatization
- Supports emotional regulation and resilience
- Creates a safe, predictable and nurturing environment
- Helps children feel seen, heard and valued

The goal is to reduce re-traumatisation and help children to feel safe enough to learn and thrive.



What is an Emotional Coaching?

Emotional Coaching is a strategy that helps children understand and manage their emotions. It involves guiding children through emotional experiences with empathy and support.

- Acknowledges and validates children's feelings
- Helps children label their emotions
- Teaches problem-solving and coping strategies
- Strengthens emotional intelligence
- Builds secure adult-child relationships

How do they work together?

Trauma-Informed Approaches and Emotional Coaching complement each other. Together, they create a nurturing environment that supports emotional growth and healing.

- Both prioritise empathy and connection
- Both help children feel safe and understood
- Emotional Coaching provides tools within a trauma-sensitive framework
- Together they foster resilience and emotional wellbeing

How do we work?

We understand that some children may experience a trauma and may need timely support, and in agreement with parents or carers, we are able to offer short-term support to help children manage these difficulties.

In certain situations, some children benefit from one-to-one emotional coaching, which helps them understand and manage their feelings, build resilience, and develop healthy coping strategies. This support is tailored to each child's needs and delivered in a nurturing and supportive environment.

Our support typically runs for 6 to 8 weeks, during which we work closely with families. This collaboration ensures that parents are familiar with the strategies their child is learning and can reinforce them at home.

After the initial support period, we continue to monitor the child's progress to ensure they are using the strategies effectively and benefiting from them in the long term.

