



Mersey Park Parent Partnership Summer 1 Newsletter



This half term we ran a parent workshop called, 'Helping your child Thrive'. This course was well attended by many parents and the feedback from the course was great. Most of the parent who attended said they learned a new strategy to help their child or it reminded them of other strategies they had used successfully in the past. As discussed in the previous Mersey Park Parent Partnership Newsletter children and families' Mental Health remains a huge priority for the school and we the parent partners who attended thought it would be good to pass on some of the information shared during this session. If you would like to know more about it then please take a look at the Anna Freud National Centre for Children and Families website. <https://www.annafreud.org/>

You're Never Too Young to Talk Mental Health.

Tips and advice for parents and carers

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk.
2. Give your full attention: Keep eye contact and ignore distractions.
3. Check your body language: Try to stay open and relaxed and come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they are 'just being silly'.
5. Ask open questions: This will help to extend the conversation.
6. Calmly stay with your feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value your child's feelings, even if they don't mirror your own.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be:
"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need to chat."

All this information and is taken directly from the Anna Freud Never too young to talk mental health leaflet given out to parents that day. For more information follow the link below.

<https://www.annafreud.org/what-we-do/schools-in-mind/events-training/schools-in-mind-briefing-events/youre-never-too-young-to-talk-mental-health/>



The next Mersey Park Parent Partnership Group we will take place in the Wirral Deen Centre. This mosque and community centre has lots of amenities to offer everyone in the community and also offer interesting and enlightening school trips for the children. If you would like any more information about our next meeting, or if you would like to come along and learn more about this wonderful centre please speak to Mrs Eccles or Mrs Hardy.