

PARENT COFFEE MORNINGS

Join Laura, an Educational Mental Health Practitioner, from Newham NHS CAMHS for structured coffee mornings on Wednesdays 09:00 - 09:30, with a 15-minute Q&A to end, at Curwen Primary School.

Apr
17th

Introduction and Mental Health Awareness

Apr
24th

Talking to your child about mental health

May
1st

Child anxiety

May
8th

Challenging behaviour

Supporting children with fears and worries

May
15th

Looking after yourselves (self-care)

May
22nd





Introduction and Mental Health Awareness

This coffee morning will involve understanding the Wellbeing In Newham School (WINS) Service and the support provided for primary schools and what this might look like. An overview of what mental health is and the stigma around mental health. We will also discuss what symptoms and signs children might display and how to recognize this.

Talking to your child about mental health

Talking to young children about mental health can be difficult. In this coffee morning, we will go over some challenges parents and carers might face when encouraging their child to open up. We will also discuss some dos and don'ts around this area, as well as providing you with some helpful strategies to keep in mind to make this easier for you and your family.

Child Anxiety

In this coffee morning, we will have a look at understanding what anxiety is as well as looking at what stops children from breaking out of this cycle. We will explain how you can help your child to manage their worries, along with encouraging your child to promote their independence and confidence so they are able to flourish.





Challenging Behaviour

Challenging behaviour is something that can be very difficult to manage. In this coffee morning, we will look at understanding what children might be trying to say when they are showing challenging behaviour. We will look at going over how you can promote positive behaviour and reduce negative behaviour through a range of techniques such as praise, withdrawing attention, and giving clear instructions.

Supporting your Child to Listen

It can be difficult getting children to listen to instructions and you might find yourself repeating instructions multiple times with little effect. This coffee morning supports you in learning how to give effective instructions as a parent in order to gain the best outcome. You will learn what to do and what not to do!

Looking after yourselves (Self-care)

Self-care is vital for everyone. This coffee morning will look at understanding stress, and how this might present for everyone. We will discuss ways to overcome and improve your own mental health.

We will also be offering 2 after-school sessions on Monday 13th and 20th May at 5 - 5.30pm.

If you would like to find out more, please get in contact with Ms. Sandhu

