



Wellbeing Coffee Morning

Confidently Me

Belonging Together

Challenged to Contribute

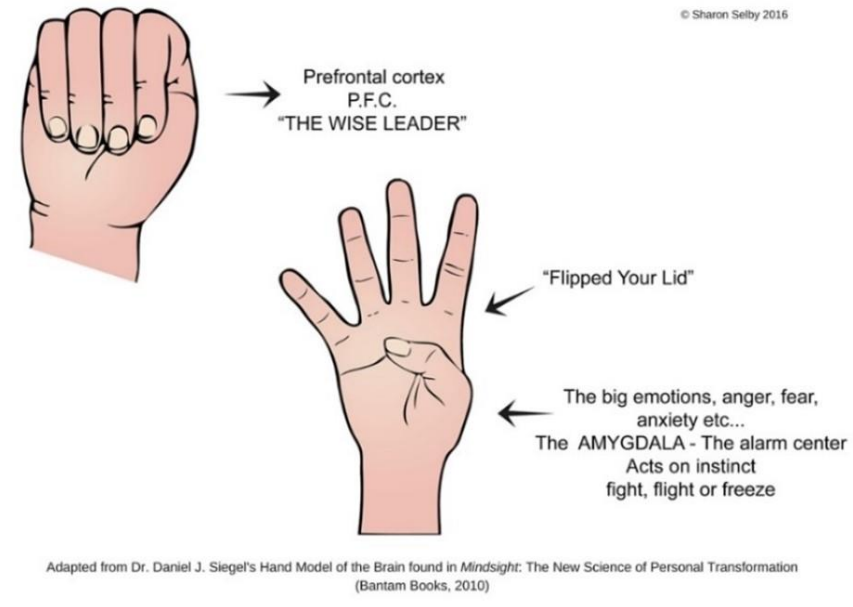
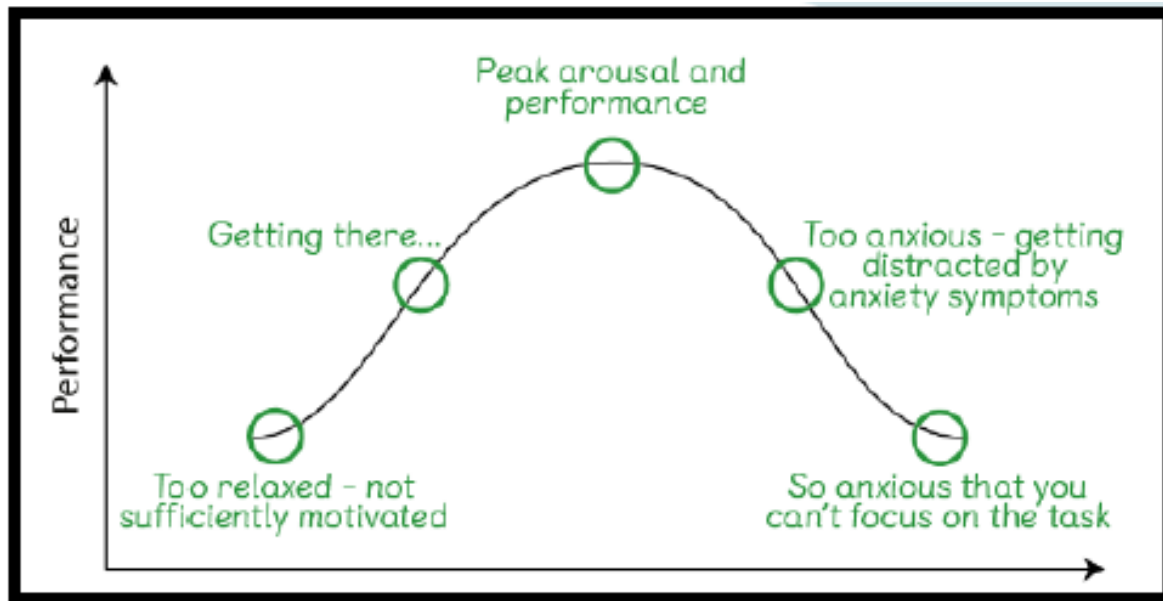
Here today...

- ▶ Inclusion Team
- ▶ ELSAs
- ▶ Amelia Paton - Trainee EP (Surrey SEN)
- ▶ Natasha Copp and James Ashton - St Mary's Church



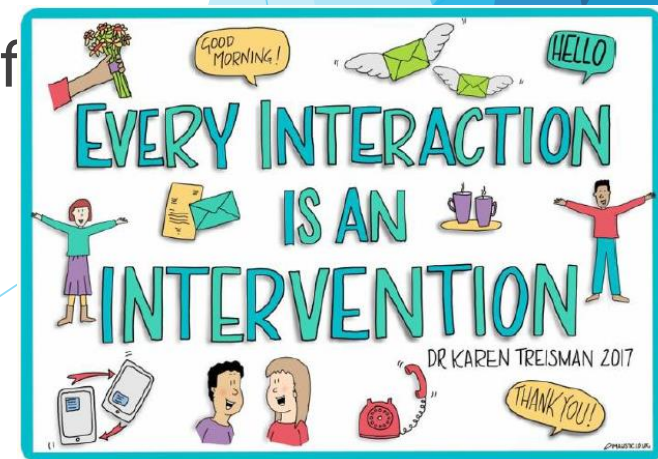
What is anxiety?

- Anxiety is normal and can be helpful
- Our children learn this at school, through Mind Up programme.
- Further help might be needed when anxiety has an ongoing impact on our ability to function.

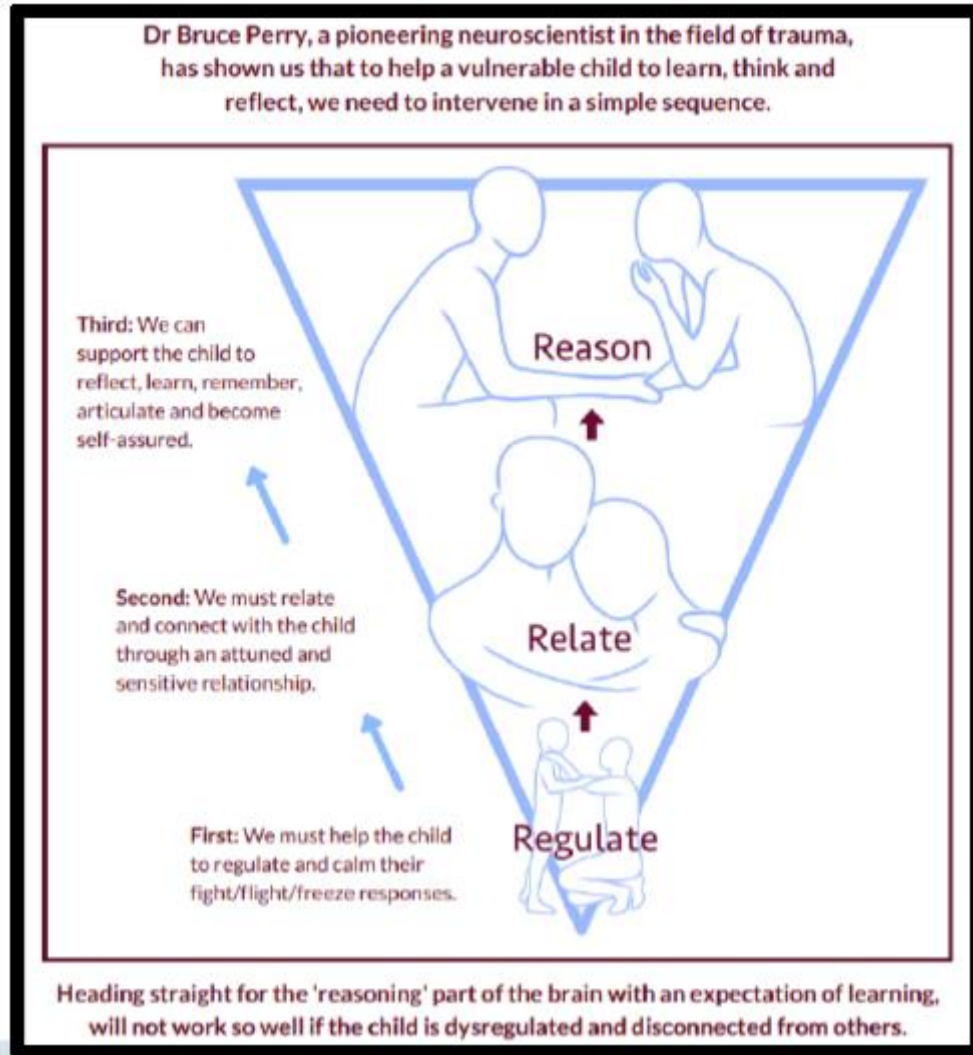


'Every interaction is an intervention'

- ▶ We interact 100s of times with our loved ones each week, small changes in how and what we say can lead to positive and lasting benefit
- ▶ From our language, tone, body language, and reactions C&YP learn and internalise a lot
- ▶ Interactions which validate emotions, communicate 'we can manage this,' **and then** introduce problem solving are most helpful
- ▶ Understanding of our own feelings is an important part of this.



The right interaction and the right time



Parenting / Interaction styles:

Disapproving

Low empathy
High guidance

Emotion Coaching

High empathy
High guidance

Dismissive

Low empathy
Low guidance

Laissez Faire

High empathy
Low guidance

➤ Useful parent resources

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