

Back to Basics

“Empowering Parents/Carers to support their children’s wellbeing”



*growing together
in God's love*



This is our Back to Basics Model which is based on the same flower that you have just done your activity with. We thought this would be a brilliant model to use throughout our workshops. You might be familiar with this model before, you may have seen it around our school. The flower essentially has different petals that cover all aspects of Wellbeing, Take Notice, Give, Be Active, Keep Learning and Connect. We will be drawing upon some of these topics throughout the workshops, the ones that we feel are relevant and focusing on other areas of need that you have brought to our attention in the original survey that we sent out.. The QR code will link you to Hampshire County Council website where you can take a look at the Back to Basics Essentials in more detail.

Take Notice

“Being present in the moment”

- Your relationship with your child.
- Positive Communication.
- What quality time looks like.



This workshop is going to be all about your relationship with your child, what connection looks like to you ? how you connect ?

How is the communication between you and your child ? what can communication look like ? (children communicate non- verbally a lot of the time , through body language , through behaviour).

Ways to communicate, how to communicate in a positive way .

What does quality time look like ? - without sounding too cliché – how to play/spend quality time with your child ? letting them lead the play, the types of questions to ask them/ things to talk about.

We will be introducing the Cash Connection.



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Anxiety

- Identifying Anxiety.
- What does Anxiety look like in your child?
- Managing Anxiety.
- What are normal worries and when to worry.

What does anxiety look like in children?

The difference between a normal worry and when to worry

Anticipating and managing change

Further help



Behaviour and Boundaries

- Pt 1 – Managing Challenging Behaviour
- Pt 2 – Setting Boundaries, Behaviour Toolkit

What does challenging behaviour look like to you ?, Managing Challenging Behaviour.

Slips to be handed out – Can you write down what challenging behaviour looks like to you and pop it in our anonymous box ..

Toolkit- Trickbox

Setting and managing boundaries

Fight and Flight response

The assault cycle

The tug of war (pick your battles)

Escalation and de-escalation

Regulating

Is it challenging behaviour or communication?

Is it something to worry about or normal developmental phase?



Supporting your child's routines


- The importance of routines for children.
- Healthy sleep and bedtime routines.
- Anticipating and managing change.
- Diet and exercise.

The next workshop we will do will touch on the areas of routines and why these are important for children's wellbeing. Within this workshop we will therefore be covering the areas of diet and food routines, as well as healthy Sleep. By this we mean – bedtime routines, healthy sleep habits.

We will also be looking at the role that routines play in helping children manage anxiety and anticipate changes.



Wellbeing Workshop Vibe.

- This is a safe space to share your worries and experiences.
- We are here to help and listen- there is no judgement here 
- What happens at the workshop stays in the workshop (confidentiality)
- We are parents too 😊



A little bit about the Wellbeing Team

