



Emotional Support



in school is built upon:

Great relationships!



- Parental/Carer support is 8 times more important in determining their academic success than social class.
- Your support can mean the difference between a 9 and a failure at GCSE.



Emotional Wellbeing



- Building Resilience
- Making Friends - New changes to classes
- Empowering - Encouraging to step outside the box.
- Take a Break – Be aware of what is worrying them but get them to focus on something other than this.
- Positive Self View – Nurture Judgement.
- Keep and eye on the prize – Positive outlook
- Self Discovery – Reflect on coping/changes, future plans

MAKE A



- Goal Setting – Set SMART achievable goals, recognise achievements no matter how small.
- Make a plan – together and stick to it, but remember it may need to be reviewed.
- All work and no play – ensure that time is scheduled for play.
- Self Care – eating, exercise and rest.
- Sleep – consistent bedtime
- Electronic Equipment – TAKE CONTROL

But I'm No Expert



- Yes you are!
- You know your child better than they know themselves or any professional.

