

Hayes Meadow Primary School Well-being Newsletter

Supporting the Emotional Well-being and Mental Health of Our School Community

Summer 1

[Cite your source here.]

We are again focussing on behaviour and well-being. If you have any worries or concerns about your child's emotional behaviour or well-being, then please contact Mrs Morgan

n.morgan@hayesmeadow.staffs.sch.uk.



The strategy of 'Stop, Think, Do' is a good one to use. When conflicts and tensions for parents/carers escalate, it is important to encourage time out and space for everyone so they can unwind, relax and reflect.

- Stop and think about what the behaviour is telling you
- Think of solutions with your child
- Do it - encourage your child to act!

Understanding the connection between emotion & behaviour

A child that has difficulty regulating emotions may frequently engage in behaviours that appear impulsive and might be challenging to manage.

A misguided view is that such behaviour is a result of general 'naughtiness' or even bad parenting. However, in truth, there could be many reasons behind this challenging behaviour...

When you talk to your child about their behaviour

When we want to say

I've had enough of this...

Just calm down...

Stop shouting...

They may need to hear

I'm here for you, tell me...

Take a deep breath then tell me...

Let me help you... how can I help...

Listening to your child

As with any emotionally charged situation, children's feelings often emerge in physical or verbal (mis) behaviour. They are trying to convey something to us and we may need to take the time to understand what they are trying to say. During this time our reactions play a key factor, here are some helpful tips when responding to outbursts.



Useful Websites to support with challenging behaviour at home

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/>

<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting>

<https://parents.actionforchildren.org.uk/feelings-behaviour/>