



Welcome back to the new school year and the first newsletter of the term. We are the Sutton Mental Health Support Team and we work in your child's school, turn the page to find out more about who we are and how we can support you and your child.

Top Tips on how to support your child with the return to school

Coming back to school after a long period of time can be difficult. You might notice that your child is behaving differently; they might be asking lots of questions about school, being clingy or withdrawn, and might be emotional. We have some tips to help make that transition to school easier.

Talk to your child, but don't make assumptions



- Talk to your child about how they are feeling about going back to school and try not to make assumptions.
- Ask them if they are worried or feel scared about anything, but also if they are excited about or looking forward to something.
- Let them know that it is completely normal to feel a mixture of emotions and that everyone will be in the same boat.

Connect with your child

During the summer holidays you would have spent a lot of time with your child and as a family, it is important to continue to have that time together now that school has started. This could look like 10mins a day of uninterrupted time with your child.



Look beyond the behaviour

We know that all behaviour is communicating something. We often notice the behaviour, but do we always take a moment to try and understand what is behind that behaviour. Ask yourself; How is my child feeling? Why might they be behaving this way? What do they need? Understanding what might be behind your child's behaviour will help you meet their needs and support them more effectively,

Think about your support network

Think about who you have around you at home and your child's school that you could turn to if you needed help over the next year such as: their teacher, SENCO, grandparents, aunts and uncles, friends, faith groups etc.



What is the Sutton MHST?

We are an early intervention and prevention service which focuses on children's and young people's mental health. We work with local primary and secondary schools to support children, young people and their families to build their emotional understanding, wellbeing and resilience.

For children in Primary schools, we offer **1-2-1 parent sessions** and **parent workshops to support with anxiety and behaviour** and also offer **whole class workshops**.

What can we help with?

 Anxiety / Worry

 Behaviour

What's on offer this year?

SEPT

Finding your feet - children's emotional wellbeing and starting school
A webinar for reception and year 1 parents

OCT

Getting into school - common challenges and supporting school avoidance
A webinar for all primary parents

NOV

Supporting Big Emotions at Home and School - The Zones of Regulation
A webinar for all primary parents

JAN

Understanding and supporting your child's sleep
A webinar for all primary parents

MAR

Understanding and supporting your child's sleep
A webinar for all primary parents



Scan QR code with your phone's camera to sign up for free via eventbrite or search:
www.eventbrite.com/cc/primary-parents-nhs-wellbeing-workshops-682309

What parents have said about our service:

"The practitioner was very kind, supportive and responsive!"

"A lot of knowledge and a genuine interest in trying to help."

"The practitioner was very thoughtful and approached our sessions with huge compassion and intelligence. She really listened, she tailored all of our sessions so that we got the most benefit possible. We really felt that she went above and beyond the average service and we are incredibly grateful to her!"



If you need support for your child's anxiety or behaviour, speak to your child's teacher or a SENCo member of staff