

## ‘Helping children with...’ series of webinars for parents

Achieving for Children’s Mental Health Support Teams are delivering a series of webinars for parents of primary aged children. The **‘Helping Children with ...’** series of webinars will cover a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties. Below is a list of webinars on offer over the coming months. In the third and fourth columns of the table below, you will find the sign up links. Please note that sign up links will be added a month before the webinar dates.

<b>Helping children with ...</b>	<b>Overview of webinar</b>	<b>Morning 9am</b>	<b>Evening 6pm</b>
<b>Worries</b>	The <b>‘Helping children with worries’</b> webinar will help you learn ways to support your child in dealing with their big feelings, worries and fears. This webinar will give you practical ideas on how to help your child to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	28 September 2023 <a href="#">28 September 2023 MHST Workshop: Helping children with Worries</a>  07 March 2024	26 September 2023 <a href="#">26 September 23 MHST Workshop: Helping children with worries</a>  08 March 2024
<b>Resilience</b>	The <b>‘Helping children with resilience’</b> webinar will support you in understanding how children develop resilience, while exploring a variety of helpful coping skills, and what you can do as a parent or carer to help them be their most confident self.	18 October 2023 <a href="#">18 October 23 MHST Workshop children with resilience</a>  22 March 2024	16 October 2023 <a href="#">16 October23 MHST workshop: Helping children with resilience</a>  21 March 2024
<b>Friendships</b>	In this workshop we will learn how to support our children develop their friendship skills: learning to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky.	17 November 2023 19 April 2024	15 November 2023 18 April 024

<b>Challenging behaviours</b>	Children often communicate their needs through their behaviours. The <b>'Helping children with challenging behaviours'</b> webinar will help you to learn about the different factors that can impact children's behaviours, build or strengthen positive relationships by reinforcing the importance of giving positive attention. You will also learn strategies to establish home rules and boundaries to create a safe and structured environment for your children.	8 December 2023 17 May 2024	6 December 2023 16 May 2024
<b>Screen time</b>	In this workshop we discuss the positive and negative impact of screen time and gaming on a child's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your child in a positive and effective manner and a simple and effective way to manage screen time.	25 January 2024 06 June 2024	23 January 2024 05 June 2024
<b>Sleep</b>	The <b>'Helping children with sleep'</b> webinar introduces a number of key concepts and strategies to support you in creating a healthy bedtime routine for your child. This webinar focuses on the importance of sleep due to its impact on child development and wellbeing, and explores key components in enhancing sleep quality.	28 February 2024 28 June 2024	27 February 2024 26 June 2024

\*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

***\*Please have a pen and paper handy for the webinar.***

### How to sign up

Parents and carers can sign up to the webinars by clicking on the sign up links. This will take them to a google form where they will need to provide their email address, the school their child attends, and the year group their child is in.

### Who to contact

If parents have any questions, they can contact the school who will direct queries to the allocated MHST practitioner.