



Supporting the wellbeing of yourself and your family

A webinar to signpost and encourage



Love Courage Respect

Purpose of this webinar

- To highlight some of the common difficulties families are currently facing
- To consider the school's role in offering support
- To signpost to agencies and avenues of support
- To encourage you that you are not on your own



The current situation

- Covid19, pandemic, lockdown...
- Reduced socialisation / opportunities for play
- Increased pressures (financial / home-learning / caring for family)
- Lack of certainty / continual change / lack of control
- Decline in physical health
- Increased mental health difficulties (anxiety, depression, low mood, self-harm...)
- Increased relationship difficulties / domestic violence



For our children...

- Sleep difficulties
- Changes to food routine / weight
- Worries (headaches / stomach aches)
- Friendship issues
- Not wanting to go out / come to school
- Finding it difficult to concentrate (learn)
- Emotional dysregulation
- Challenging / aggressive behaviour



Maslow



School and family

- Family as the secure base
- School – the focus on wellbeing
- The role of ELSA and pastoral support
- [School website resource base](#)



Support for you

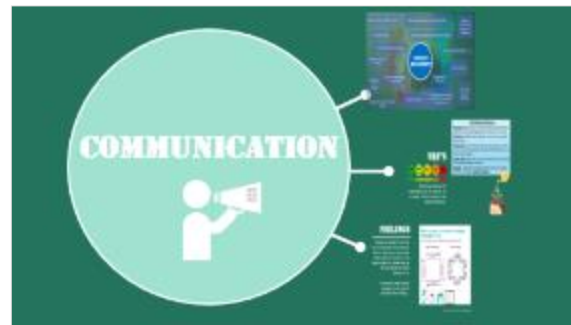
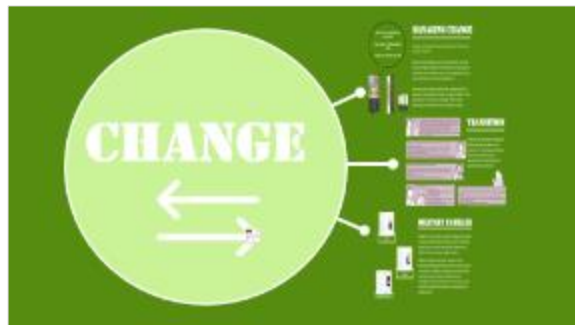
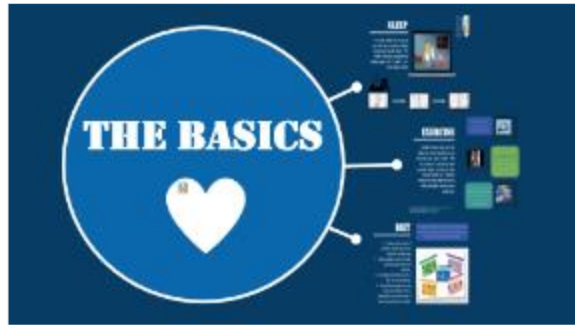
- Self-care / having the head-space to support your child
- [Family Support Service](#)
- [Basingstoke Well-being Centre](#) (Andover MIND)
- [Stop Domestic Abuse](#)
- Bereavement support
- Food bank / St Mary's Church
- Barnardos



Support for your child

- PBS well-being service (GP referral)
- [School nursing team](#) / health visiting team
- [HYA counselling](#) / YPI mentoring (age 11+)
- [Basingstoke Young Carers](#)
- [Educational Psychology's telephone helpline](#)
- [Family Counselling Trust](#) (small charge)
- [CAMHS website](#) (advice and self-referral)

PBS parenting support



Be encouraged!

