

CHILDREN'S CENTRE PSYCHOLOGY HELPING HANDS NEWSLETTER: SPRING 2024

The Team



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Montgomery



Dr Rebekah
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Dr Alex
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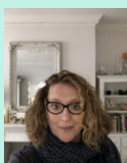
Elizabeth
Thomas



Luciana
Oliver



Tamsin
Cuthbert



Lucy Bennett-
Downes



Emily
Humphries

Meet the Team!



Lucy

"I'm Lucy and I am the Parent/Carer Peer Mentor working with CCP. I bridge the gap between the service and us, the families that use it. I bring my lived experience to the team. I have 3 kids, the youngest of which has Trisomy 21. I'm here for you if you feel you'd like to discuss where you're at, how you're feeling and any of the joys and challenges that might come with having a child with unique needs".

Children's Centre Psychology Workshops

We will be continuing our virtual workshops for parents/carers of children with additional needs. Over the next few months we will be offering the workshops below. Please scan the QR code to book onto these and/or to sign up to our workshop mailing list:



Supporting Anxiety
in Children

Monday 18th March
12:30pm - 2:30pm



Introduction to
Sleep

Monday 29th April
10am - 12pm



Supporting
Transitions

Monday 20th May
10am - 12pm



Introduction to Sensory
Processing Parent/Carer
Workshop

Wednesday 13th March
10am - 12pm



Supporting Communication
Parent/Carer Workshop

Wednesday 17th April
12:30pm - 2:30pm



Toolkits

As part of our Children's Centre Psychology Helping Hands Outreach we also offer a range of toolkits.

Topics include:

- Building resilience
- Book of Calm
- Separation Anxiety
- Friendships
- Promoting Sleep in Children
- Supporting Anxious Children
- Supporting Siblings
- Supporting Your Child's Transition
- Understanding Behaviour

To request these toolkits, please get in touch with your Family Liaison Officer at your local Children's Centre.

Ways to Help Us Feel Calm

In this section of our Newsletter, we thought it might be a nice idea to share with you some ideas used in Psychological Theory and Practice.

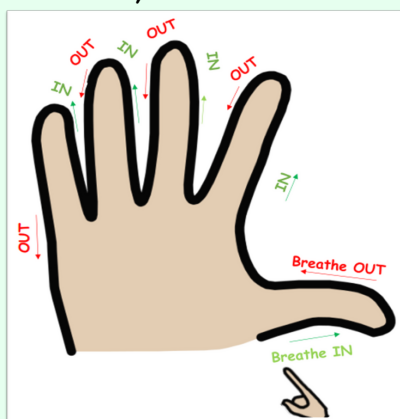
We would like to share with you some mindful breathing exercises. Mindful breathing strategies can help you to feel calmer and more relaxed when you are beginning to feel strong emotions such as worry, anger, and excitement. These strategies can be tried wherever you are.

Below are 2 exercises, why not give them a try!

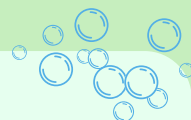


Hand Breathing

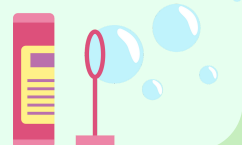
- Use your finger to trace around your other hand as you breathe.
- Breathe in when you trace up
- Pause at the top
- Breathe out as you trace down



Blowing Bubbles



- Use a bubble wand or imagine you are holding a bubble wand.
- Take a slow deep breath in.
- Next, take a slow deep breath out, and imagine all the bubbles you can see.
- How many bubbles can you see?
- Can you try to pop them?
- Repeat this a few more times.



Upcoming Awareness Days



World Down Syndrome Day – 21st March

On Thursday 21st March we celebrate World Down Syndrome Day to raise awareness and to celebrate people everywhere with an extra 21st chromosome!

On this day, Down Syndrome International are calling for people and organisations around the world to be "With Us, Not For Us". This is to highlight that representation, support and decisions are often done for people with Down's Syndrome rather than with.

As a service, we are committed to supporting families with children with Down Syndrome. To show support and raise awareness of World Down Syndrome Day, you can get involved by wearing brightly coloured odd socks! Pairs of chromosomes look a bit like a pair of socks and it's a great way to get people talking!

You can join in on social media by using #LotsOfSocks. For more information visit:

www.21plus.org.uk,
www.worlddownsyndromeday.org,
www.downs-syndrome.org.uk



World Autism Awareness Day – 2nd April

On Tuesday 2nd April, it is World Autism Awareness Day!

This day marks the opportunity to spread awareness and acceptance of people with Autism throughout the world. As a service, we are committed to supporting families with children with autism. You and your family can take part in World Autism Day through fundraising activities, events, or raising awareness through what you wear!

For information about local activities, groups, and services for children with additional needs, you can contact the Family Liaison Officers (FLOs) at your local Gwent Children's Centre.

Serennu Children's Centre: 01633 748013
Nevill Hall Children's Centre: 01873 732712
Caerphilly Children's Centre: 02920 867447



Easter Colouring



With the Easter holidays coming up, it can be a really joyous time of celebration. But it can also bring a good deal of stress, so taking time out for yourself is really important. For this activity we are encouraging you to take a little moment to pause, and engage with this mindfulness colouring exercise. You can even make this a joint exercise with you and your child if you wish!



Happy Easter

