Session 1: Preparing to Return to School – Given that most children have had a long break from formal education in the school environment, some children may find the transition back to school more challenging. This session is an opportunity to reflect on what this could mean for them in terms of returning to school in September and will provide some helpful suggestions on how to best prepare and support your child for the return to school.

Monday 3rd August 10am - 11am / Thursday 6th August 3pm - 4pm

Session 2: Exploring Children’s Mental Health – This will be an introduction to mental health in children and how to identify signs of common mental health difficulties such as anxiety and low mood. We will provide some ideas on basic strategies known to be effective in helping children and young people manage these types of emotional difficulties and help think about what you, as parents, can do to support your child.

Monday 10th August 10am – 11am / Thursday 13th August 3pm – 4pm

Session 3: Managing Behaviour – This session aims to help you to think about the link between emotions and behaviours and how to start to understand your child’s behaviour better. We will outline some positive parenting strategies which have been shown to improve children’s behaviour. There will also be an opportunity for some group discussion and sharing of ideas.

Monday 17th August 10am - 11am / Thursday 20th August 3pm - 4pm

Session 4: Parent Self-care/General Wellbeing – This session will cover evidence-based ideas/strategies for improving wellbeing (based on the ‘Five Ways to Wellbeing’). We will help you think about how these ideas can be applied to help your children and your family, as well as how to look after yourselves as parents!

Monday 24th August 10am - 11am / Thursday 27th August 3pm - 4pm

If you are interested in attending any (or all!) of these webinars, please complete this Google Form and we will be in touch:
https://forms.office.com/Pages/ResponsePage.aspx?id=m8iadaQqc0mwSOaQO0aotsihrPUUTjxHm69vILM_zf9UQVpMVlc2WkTc0NMDsXsjY4MDIQNIFMOTNUSC4u

If you have any questions about the sessions please contact Emma Andrews, MHST administrator, at Emma.Andrews@oxfordhealth.nhs.uk