



Wadham School

A Church of England Community School

"Life in all its fullness" John 10:10



20th November 2023

Dear Parents and Carers,

Re: Supporting Your Child's Big Feelings Evening – 7th December, 5.30 – 7.00pm

We are delighted to be inviting you to a session at Wadham School exploring how to support your child's big feelings.

The Evening will be held on Thursday 7th December between 5.30 – 7.00pm.

This session will be run by the Mental Health Support Team and will lead to an understanding of how to support young people's mental wellbeing using Emotion Coaching.

The parent session will complement workshops that your child will experience in school and enable you to support their ability to emotionally self-regulate. The parent session will explain how you can normalise your child's emotions and help them to develop their emotional intelligence. We will discover the inner workings of the brain and how these impact on our children's emotions, and explore a range of strategies to help manage our children's emotional ups and downs.

What is Emotion Coaching?



Emotion coaching is about helping your child to become more aware of their emotions, what that feels like for them and how these affect their behaviour.

Why is Emotion Coaching important?

Emotion Coaching allows for improved communication and understanding between all parents/carers and young people. Additionally, it can also help support a number of low-level mental health concerns including anxiety and low mood.

What are the benefits of Emotion Coaching?

- reduces conflict
- promotes stability within emotional regulation
- creates a strong bond
- develops ability to self-soothe and manage emotions in young people



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Headteacher: Mr R Burgas
Chair of Governors: Mr C Chapman



The final part of the session will allow time for reflection and signposting to other agencies for additional support.

We would love to welcome you to this presentation and would ask that you confirm your attendance with me by email:

nfinch@wadhamschool.co.uk



Please do so by Monday 4th December 2023 and include in the email how many people will be attending.

Do not hesitate in contacting me should you need any further information.

Yours sincerely,

A handwritten signature in black ink that reads "Nicky Finch".

Nicky Finch
Assistant Headteacher
Pastoral Development