Monthly Wellbeing Nov 2020



## **NSPCC**

https://www.nspcc.org.uk/keepingchildren-safe/support-for-parents/ look-say-sing-play/

> "Every day in a hundred small ways our children ask, 'Do vou see me? Do you hear me? Do I matter?" Their behaviour often reflects our response."

When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. Fred Rogers

I show you

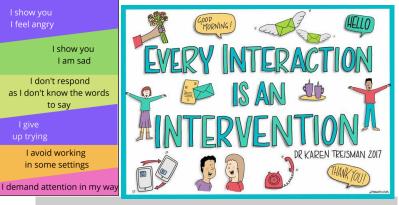




Anger Iceberg

## tricked overwhelmed

Angry



## talk.actionforchildren.org.uk

Free and confidential live chat with our parenting coaches We're open 12:00-19:30 Monday & Thursday, 09:30-16:30 Tuesday & Wednesday, and 09:30-16:00 Friday. At other times, leave us a message and we'll get back to you. Children never, ever CHOOSE the meltdown, or any anxiety related behaviour, in the same way that YOU would never, ever choose to have a meltdown in front of your family, colleagues or friends! A meltdown is not a choice, its a byproduct of a brain that isn't coping with something. And that brain needs to be showered in love, compassion and safety. Not punishment, fear or shame.