

Emotionally Safe Returns Webinar Contents and Aims

- Understanding the mental health needs of children and young people
- Facilitating an emotionally safe return to school following the COVID-19 outbreak
- Recognising the current concerns around COVID-19 and subsequent lockdown including links to school avoidance, anxiety and safeguarding concerns
- Exploring the impact of trauma on brain development
- Promoting a trauma-informed, nurturing and empathic ethos
- Promoting positives and strengths
- Understanding the need for self-care and the impact of uncertainty on us all

What Can We Do?

- Relationships
- Routine, Structure and Boundaries
- Sensory Input
- Acceptance and Empathy
- 'Name It to Tame It'
- Interpret Behaviour
- Get alongside
- Phased Returns

01283 840051

enquiries@thechildpsychologyservice.co.uk

www.thechildpsychologyservice.co.uk/

Midlands, UK