



Wellbeing Newsletter February 2022



The Theme for the week is: GROWING TOGETHER

Growing together is about growing emotionally and helping others grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us move beyond our comfort zone into a new realm of possibility and potential. However emotional growth is a gradual process and takes time.

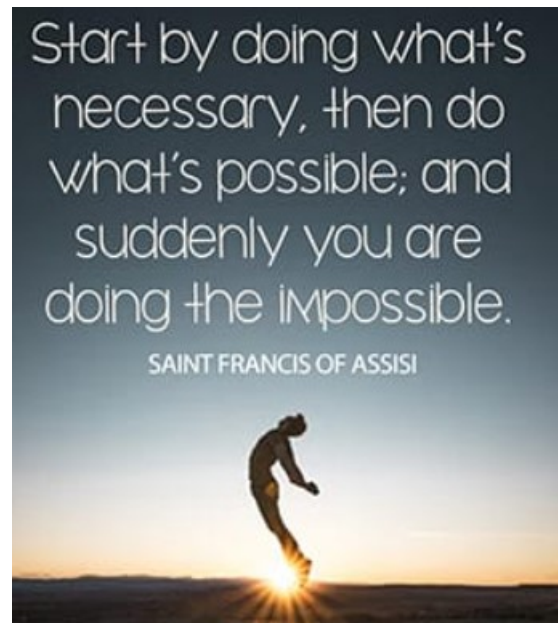
YOUNGMINDS

fighting for young people's mental health

I know my focus is usually the children but Parents if you are not feeling yourselves then you will find it hard to support your children.

Youngminds has a great parent blog to help support you supporting them.

<https://www.youngminds.org.uk/parent/blog/looking-after-yourself-as-a-parent/>



Should you have any worries, questions or concerns about your child that you think I may be able to help with then please do not hesitate to contact me using the email below.

Mel Schofield

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