



# Wellbeing Newsletter March 2022

## *A new normal.*

*With restrictions being lifted in England now it is important to help the children see how much they have grown emotionally over this time. Everyone has had a different experience over the past two years.*

*There are some great resources for parents to support their children at this website.*

*<https://www.yesfutures.org/for-parents>*



## How do we talk about Ukraine to the children?

We cannot ignore what is currently happening in Ukraine. Even if we think we are sheltering the children from the news they will be picking things up, hearing snippets. This can create anxiety and uncertainty.

The Newsround clip below explains what they can do if they are upset about the news.

<https://www.bbc.co.uk/newsround/13865002>

*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*

*Family Liaison Officer /SEND Co*

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