



Wellbeing Newsletter April 2022



Easter holidays are a great time to get outdoors enjoy the longer days and feel the sun again. Why not include some calming Easter activities as well, a great opportunity to teach children how to relax their bodies, calm their minds and manage their emotions.



We've produced a series of expert podcasts to help parents understand and manage child and family mental health problems.

The series, *Child in Mind*, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

I wanted to make you aware of these podcasts as there are some interesting topics discussed and some which parents have enquired about recently.

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

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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