



Spring has sprung! Here's hoping for a little more sunshine and warmth over the Easter break so that we can get outside—as we know, nature is a great healer. Enjoy family time outside and embrace Spring! :-)

Support for families:

Re:minds offers courses and workshops (on themes such as emotionally based school avoidance and Emotional Regulation, as well as Autism and ADHD). These are free for families in Southampton and Hampshire. Take a look! <https://www.reminds.org.uk/courses>



Info@reminds.org.uk

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Courses & Workshops

Re:Minds runs a variety of free courses on a range of topics. Currently we are able to offer free courses to families in Southampton and Hampshire.

If you live outside of these areas we run the ADHD courses for a set fee, please get in touch for more information.

If you are interested please contact courses@reminds.org.uk for more information or complete this [enquiry form](#)



" I always learn something new when I do a course "



" It is great talking to other people who can understand "



" It has been lovely connecting with others who understand "



" The course practitioners were so welcoming and friendly "

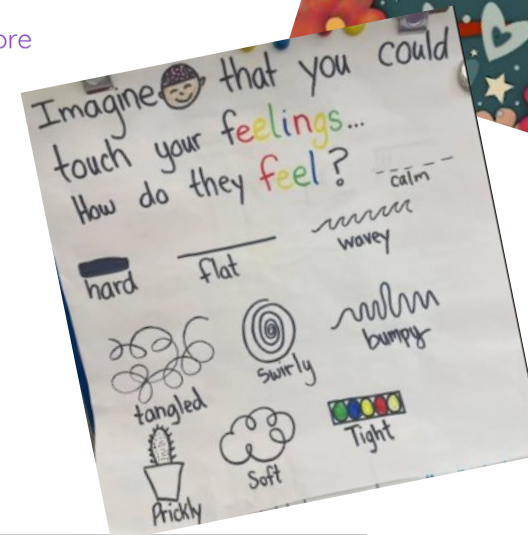


What will you do?

Have a family discussion about what you are all grateful for!



An interesting conversation starter with your child...





Positive Parenting Project. Here is an interesting read, taken from the 'Thinking Parenting Blog' written by Anita Cleare. It helps us understand our role and how we can best support our children when they are upset and need to be heard. There are lots of interesting articles and webinars on the website—well worth an explore. <https://anitacleare.co.uk/importance-of-listening-to-children/>

The importance of listening to children

The problem with parents is that they think they know best. To be fair, we often do. But when we are convinced of our own inevitable rightness, it's tempting not to spend enough time understanding the problem and just jump in with a solution. Especially when we are stressed or pushed for time, we often underestimate the importance of process over outcome in children's development and we forget the importance of listening to children. I mean really listening to them. Buttoning up our own mouths and paying full attention to what our child is saying and how they are saying it. Listening not just to understand the words but also the emotions and intentions. When we don't listen in that active way, we tend to jump in with a solution that doesn't necessarily fit. Or, we offer a good solution but our child is unable to connect with it because they haven't gone through the process of being understood and calming themselves in order to reach that solution for themselves.

Close your mouth and open your ears (As my gran used to say). When your child is talking to you about something difficult, or they are emotional, be quiet. Zip your mouth shut and listen not just to the words and their literal meanings but also to the way your child is speaking and what that tells you about how they feel. When there is a pause, briefly summarise back to them what you have heard: "I can tell you are really upset. You're upset because Ellie called you fat." That will help your child feel heard. And if you haven't understood correctly, it gives them a chance to keep trying to explain.

Listening to children helps them calm down When we don't feel listened to, we often start escalating our behaviour in frustration to communicate our emotions. Crying turns into shouting. In contrast, when we feel heard and understood, heightened emotions often start to subside. Teenagers' outbursts, for example, often escalate when parents fail to validate their teens' emotion (perhaps because the emotion seems ridiculously overblown or misplaced or because it is directed at the parent). Simply acknowledging that you recognise how a child feels can help them start to process that emotion and calm down.

Don't offer solutions The aim of listening to children is firstly to make your child feel understood. The goal is not to try and fix the situation or change their feelings. Holding back your suggestions can be really hard to do when your child is distressed or the issue is very emotive like bullying. Obviously, parents want to fix it, to stop the bullying or make our child feel better. But save the problem-solving until after the emotion has been processed – your child can't engage effectively in solutions immediately. Don't use the words "should" or "shouldn't" (eg "You shouldn't feel that way"). Your child feels the way they feel and your job is to connect with that real feeling. Don't jump to conclusions and don't try to solve the problem until you are sure you have understood it completely.

Listening to children empowers them In fact, the ideal is that you don't try to solve the problem at all. Your child will learn so much more from the experience if you support them to solve the problem themselves. Take your lead from your child and support them to find their way through their feelings towards a solution rather than removing the problem for them. Ask questions rather than giving suggestions. ("Why do you think Ellie said those mean things?" "What do you think you could do about that?"). Finding their own solutions helps children learn problem-solving skills. It also makes them feel valued and empowered to have their opinions listened to. And it helps build their self-esteem.

Listening to children leads to more talking Feeling understood provides connection and makes it much more likely your child or teen will talk to you again in the future. If they don't feel that talking to you met their emotional needs, they are less likely to do it again. Keeping those communication channels open is essential, especially for parents of teenagers, and helps to protect children's emotional and mental health.

Stress gets in the way of listening When we're stressed, it's much harder to listen well. Stress impacts on parenting in lots of ways that damage connection. Stressed-out parents often feel short of time or patience and are much more likely to overreact. Listening to children well means controlling our own emotions in order to tune in to our children's. So the next time your child gets emotional or presents you with a problem, just remember: if you're the one doing the talking, you aren't doing the listening.

How to parent smarter not harder.



Back to Basics meets Mole! Easter challenge!



Name: _____

Class: _____

Year 5 and 6 Challenge

Over Easter, your challenge is to take a photo of you doing at least one of the 5 ways of wellbeing! (Though you can do as many as you wish!)

Print out your photo/s and pop your name and class on it (or stick it to the back of this card) and put it into the yellow box in the triangle when you return to school.

The 5 ways of wellbeing are:

Keep Active

Keep Learning (we looked at this in school recently!)

Give

Connect

Take Notice

They will go on display to inspire other people!

You will also be rewarded with a WAM voucher and go into the prize pot!

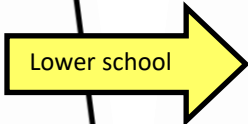
REMEMBER to pop this into the box in the triangle to receive your special WAM token!

Easter B2B challenges!
Please help your child complete their challenge as the 5 ways of wellbeing are proven to develop resilience and good mental health—enabling us to deal with the ups and downs of life!

Thank you!



Upper school



Lower school



Back to Basics meets Mole! Easter challenge!



Name: _____

Class: _____

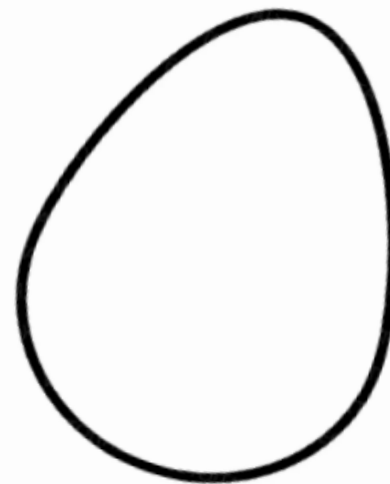
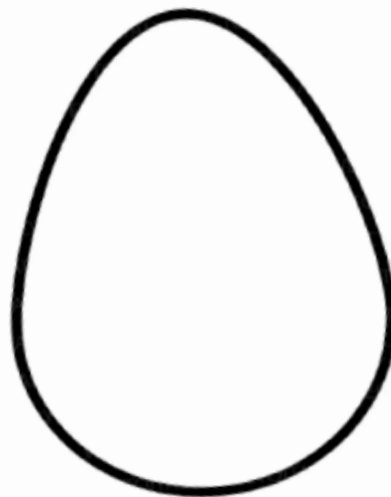
Year 3 and 4 Challenge

We have been thinking about 'Keeping Learning' at school. What new thing will you learn over Easter?

(It could be a game, a craft, a fact, a recipe.....we learn all the time!)

Fill in both eggs with something you have learnt over the break—it can be words and/or pictures. Have fun!

REMEMBER to pop this into the box in the triangle to receive your special WAM token and to be put in the prize draw!

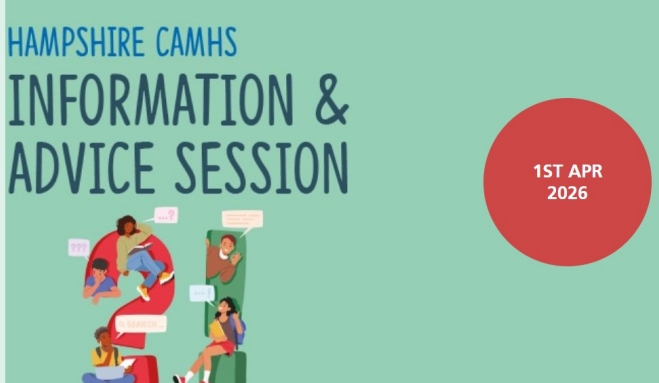


Signposting—here are some great places to go to for advice and support. You can access all the information on the Hampshire CAMHS website under the 'Events' tab. <https://hampshirecamhs.nhs.uk/events/>

Hampshire CAMHS
Information & Advice Sessions
in Winchester – April 2026

YOUNG PERSON'S MENTAL HEALTH

This is a free opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.



HAMPSHIRE CAMHS
INFORMATION & ADVICE SESSION

1ST APR 2026

The poster features a green background with a red circle containing the date. It includes an illustration of people sitting around a table, engaged in conversation.

The CAMHS website has so much helpful information, videos, reads etc for a whole manner of concerns. There is everything from bullying, self esteem, autism, loss, family breakdown and so much more. There is plenty that you can download and work through with your children too. It's definitely worth a look—even if you're not in need at this moment in time!

<https://hampshirecamhs.nhs.uk/help/parents-carers/>

Advice sessions are free.

How to Cope costs £25 for the whole day

P.A.C.E. (Parent and Carer Events) – LYNDHURST

A free event FOR PARENTS AND CARERS to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.




P.A.C.E.
2026

8TH MAY 2026

The poster has a yellow background with a dark blue hand holding a white triangle containing the text 'P.A.C.E. 2026'. A red circle with the date is on the right.

A training day for Parents and Carers
Chandler's Ford

A one-day event focused on parents and carers understanding their own needs and learning strategies to look after themselves as they support a young person with their own mental health needs. The sessions will include looking at Guilt, Responsibility & Acceptance.



HOW TO COPE WHEN
YOUR CHILD CAN'T

15TH MAY 2026

The poster features a teal background with a hand holding a small plant. A red circle with the date is on the right.

PACE sessions are free. You can sign up for as many or as few workshops as you wish. They are really helpful events. Sessions cover everything from ADHD to sleep, to anxiety, to parent help—and lots more! Take a look at the options: <https://hampshirecamhs.nhs.uk/events/p-a-c-e-may26/>

Finch – Self-Care Made Simple



Finch is a gentle, engaging self care app that helps users build daily wellbeing routines and boost their mood through supportive, fun activities.



<https://hampshirecamhs.nhs.uk/events/>

