

**Minerva Wellbeing
and
Safeguarding Newsletter
Term 3**

**Welcome back to Term 3
Happy New Year
Wellbeing events coming up in
2025
Children's Mental Health Week
3-9th Feb
This year's theme is Know Yourself,
Grow Yourself.**

We want to encourage embracing self-awareness to build resilience, grow and develop.

One of our focus will be reminding children of our calming techniques to help with big feelings
Rain bow breathing and squeezing lemons.



<https://www.youtube.com/watch?v=IIbBI-BT9c4>



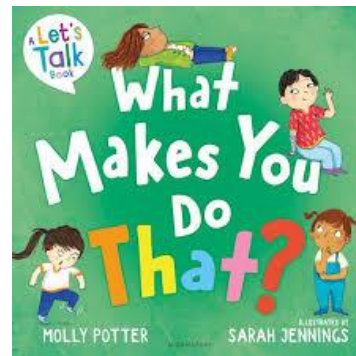
**PARENT MENTAL
HEALTH DAY**

30th Jan - This year the focus being Screen smart to create supportive environments where young people can thrive, both online and offline.

A range of courses are available at

[https://training.stem4.org.uk/courses-for-parents-carers/..](https://training.stem4.org.uk/courses-for-parents-carers/)

We recommend



This is a book that can help children to better understand their emotions, but also (crucially) to feel able to have some control in terms of how these feelings then affect their behaviour.

Groups available in the Community



Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:

- Listening
- Play
- Praise
- Nurture
- Empathy
- Connection

For more information please call: **07721 311 497** or email: pssso@bristol.gov.uk

Once you have registered your interest via: www.bit.ly/BristolParentingGroups we will be in touch to find the best group for you.




Safer Internet Day - 11th February

When thinking about online safety, there are a few tips which can make it easier to manage

Keep an open communication with your child about their online activity

Visit websites such as **NSPCC**, **Internet Matters** for top tips on supporting your child's specific age group.

Online safety guides include information on setting up parent controls, agreeing on boundaries together and spend time talking with your child about what they do online.

NSPCC

Make sure they know they can always come to you

The most important thing for your child to know is that you are always there to support them, online and offline.

Encourage them to talk to you if anything they experience makes them feel worried or upset and show them they can trust you to stay calm, listen and help make things better.



UK Safer Internet Centre
www.saferinternet.org.uk



FREE
10 Week
Group



The Nurturing Programme

A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre. This group is for adults only.

- Understanding why children behave as they do
- Recognising the feelings behind behaviour (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- Learning the importance of looking after ourselves

Oldbury Court Children's Centre
BS16 2QS
14th January - 1st April
9.45 - 11.45am

Register your interest here: www.bit.ly/BristolParentingGroups

If you would like further information then please call us on: 07721311497 or email: pssso@bristol.gov.uk Once you have registered your interest, a member of the team will be in touch to find the best course for you (in person or virtual options available).

