

THE HUMAN TOOLBOX

want to know why you feel anxious? Why you explode with anger? Why you struggle with day to day life when other people seem to be able to just get on with things? Want to know why you can't sleep? Why you feel withdrawn one minute and explosive the next?

Well, this course gives you the answers AND more importantly it gives you the tools to help you change things.

When we, as parents, have got it together, we can be far more effective for our children. We can give them what they need to become independent, resilient, confident people who can be successful.

COFFEE MORNING

All parents and carers with children at Great Heath are welcome to come along to our coffee morning. We particularly welcome your pre schoolers (especially babies). We often have a visitor from a local charity or organisation who will be happy to share their expertise and advice eg; Citizens Advice, Epic Dads, Life links, Live Well Suffolk etc. Come along, have a cup of coffee, meet and chat with other parents and relax for a while. Michele will be on hand to answer your parenting queries or point you in the right direction.

This is a friendly group which is open to you all and its free.

SCHOOL UNIFORM SHOP

We have a thriving second hand school uniform shop in school. We ask our parents to donate uniform which is too small for their children and we sell these items on to you. There are no set prices because we ask you to donate only what you can afford. All donated uniform for sale is clean and in excellent condition.

If you have uniform to donate, please hand it in to the school office.

SIGNPOSTING

Sometimes families need support in areas beyond our expertise and in these cases Michele can refer you to a specialised service or organisation who are better placed to help. Just ask.

ADVICE AND SUPPORT

As well as our weekly coffee morning where you can pop in to get answers to your parenting questions, we are able to offer telephone support and a limited number of appointments. Whatever your problem or worry please come and see how we can help and support you.

Remember, a problem shared is a problem halved.

For more information contact Michele Homer on 01638 713430 or email at m.homer@greatheathacademy.attrust.org.uk

FAMILY SUPPORT AT GREAT HEATH ACADEMY



Contact our Family Support Worker on
01638 713430 or email her at
m.homer@greatheathacademy.attrust.org.uk

Raising children is the hardest job in the world yet it is unpaid, you are on duty 24 hours a day, 365 days a year, you need to be able to manage behaviour, run your household, manage finances, know about child nutrition, cook, understand the education system, be your child's personal secretary etc.

Which is why we're here to help you.

So, what have we got on offer? Here are some of the ways our Family Support Worker, Michele Homer, can support you:

PARENTING PROGRAMMES

Michele runs an accredited parenting programme called Raising children. This is a comprehensive course covering the key aspects of being a parent, including: managing behaviour, understanding children's needs, child development and raising a resilient and confident child; basically lots of information about how to do THE most difficult and important job in the world. It's fun and informative

PARENTING WORKSHOPS

There are several workshops which Michele runs during the school year. These include:

Sibling Rivalry

Come and learn strategies to help you manage your children's behaviour with each other. This course covers why siblings fight, what you can do about it and HOW to do it.

Building resilience in children

A resilient child can bounce back from life's knocks, encourage themselves, believe in themselves and have confidence in themselves.

We all want this for our children, but what can we do to help our children build this resilience? Come and find out on this short course.

Love Languages

Here we learn how to connect with our children on a deeper level. Did you know that there are 5 different ways of showing love which we call 'love languages'. We don't all 'speak' the same love language, eg some prefer cuddles, others feel loved when someone does something for them. When a child feels loved he will be less stressed, engage better in education, have less challenging behaviour and feel good about himself.

Come and find out what your love language is and that of your child. Then use these strategies to connect with your family and friends in a more rewarding way.

True Colours

Psychologists have found that children's personalities can be described in 4 different ways and have classified these as colours - red, green, blue, gold). This course looks at what the 4 personalities are and what happens when you mix them up in a group (or a family). Which personalities work well together? And which don't? What strategies can we use to keep the peace?

How can we help children be tolerant of each other and celebrate their strengths? Come and find out on this short course.

Christmas Workshop

Hands up all those whose Christmas looks exactly like the ones in the films and glossy magazines. Anyone? Probably not. Never mind - there are lots of ways we can make Christmas a peaceful, less expensive, fun and enjoyable experience despite which relatives descend on us and the pressure we are under to get our children the latest 'must haves' regardless of the fact that most of us are on a tight budget. So come and join us for this festive December workshop.

PARENTS WITH CHILDREN WHO HAVE ADDITIONAL NEEDS

Our Family Support Worker, Michele works closely with our SENCO, Ms Hawkes. Together they offer afternoon question and answer sessions for parents whose children are on our SEN register. At these sessions you are invited to seek answers to your queries, chat to other parents who are having similar experiences and learn about useful strategies to help you and your family. We also run a parenting programme called Outside the Box which has been especially compiled for parents of children with additional needs.

For more information contact Michele Homer on 01638 713430 or email her on m.homer@greatheathacademy.attrust.org.uk