



SEND

Summer 1

Dear Parents/Carers,

Thank you for your continued support across the summer term so far. Behind the scenes we are busy preparing for the children's transition to their new classes and adults in September. Further information will be shared in due course. This edition focuses on mental health and self-regulation strategies to support both children and adults' wellbeing.

As always, if you have any questions, feedback or require support, please get in touch via newdalesendco@taw.org.uk

Kind regards,
Mr McFarland.

How to support a child who may be struggling with their mental health

Creating a Sense of Safety

Keep routines predictable where possible and prepare for changes ahead of time. We do this in school through visual times tables, 1:1 check-ins, social stories and additional lunch time provision.

Help Children Understand Their Feelings

Use visual aids such as emotion charts or colour systems. For example, the Colour Monster books, zones of regulation or the characters from Inside Out. Normalise feelings and remind children it's okay to feel upset or worried.

Teach and Model Self-Regulation Strategies

Deep breathing, grounding activities, or quiet time. Movement breaks and sensory activities, such as Danny Go, sensory circuits or yoga. Calm-down spaces at home and adults modelling their own regulation strategies helps children learn to regulate.

Co-Regulate Before Expecting Independence

Co-regulation may include a calm tone of voice and relaxed body language, staying close and offering reassurance, reducing language and demands (sometimes saying less is more), acknowledging feelings without judgement ("I can see this feels hard") and supporting the child to use a calming strategy together.

Working Together

Children do best when school and home work closely together. If you notice any changes in your child's wellbeing, please share these with school so we can support them together. This may include pastoral check-ins, an ELSA intervention, or, where appropriate, a referral to CAMHS (Child and Adolescent Mental Health Services).



Self-regulation

This is the ability to understand and manage our emotions, energy levels and behaviour so that we can cope with everyday situations.

For children, this means being able to:

- Notice how they are feeling (for example, excited, worried, or overwhelmed)
- Calm themselves or stay focused when things feel tricky
- Respond appropriately rather than reacting impulsively
- Self-regulation is not something children are born with fully developed. It is a skill that grows over time with adult support, practice and understanding.

Home activities to support self-regulation

Heavy work tasks	Weight bearing activities
<ul style="list-style-type: none"> • Carry groceries • Help to peg out clothes • Mop or Hoover the floors • Clean windows • Baking/mixing/chopping • Carry and sort the recycling • Load/unload the washing machine • Pushing the shopping trolley in shops 	<ul style="list-style-type: none"> • Chair push ups • Wall push ups • Jump on a trampoline • Use a space hopper • Have a pillow fight • Throw and catch a heavy ball • Use equipment at the park • Playdough/sand/water trays/mud kitchen

Mental health support for parents

Support for your mental health



Looking after yourself



There are little things you can do to look after your mental health.

The Every Mind Matters online platform gives you free expert advice and practical tips to help you look after your wellbeing.

Talking therapy



If you feel stressed, anxious or depressed, you might struggle with work, life or relationships. NHS talking therapies, also known as IAPT, can help. Search nhs.uk/talk

Crisis



If you or another person is experiencing a mental health crisis, you can call your local NHS urgent mental health helpline for 24/7 advice and support.

If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.



<https://www.nhs.uk/every-mind-matters/>

SEND
Telford & Wrekin Local Offer

