

Children and Young People's Wellbeing Summer and Autumn Workshops 2020 for Parents and Carers

Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.



Supporting your child's self-image workshop

Details: Helps parents support their child's self-image, -esteem and -confidence through validation, affirmation and other relevant strategies.

Supporting your child's self-care

Details: Helps parents of primary school aged children support positive self-care techniques with their children, including play-based positive time together.

Back to school workshop

Details: Supports parents preparing for back to school routines for September after lockdown by exploring boundary setting, routine-building, positive language and techniques for positive behavioural reinforcement.



Managing anxiety in Early Years children aged 2-5 (pre-recorded workshop video)

Details: To help parents/carers to understand their child's fears and worries. The video will offer a brief insight into the reasons we become anxious and the relationship between thoughts, emotions, physical symptoms and behaviour

This outlines strategies you can use to support your child, such as building up brave behaviour, managing worries and problem solving.

Parent Toolkit

Parents with primary school aged children who have neurodevelopmental conditions e.g. Autism and ADHD

Details: Provides 6 sessions to parents over a 6-week period addressing themes such as self-care, stress and anxiety, positive parenting and anger management.

Offering various tips, strategies and activities to aid and empower parents in meeting their own needs as well as those of their children. It will also provide an opportunity for parents with similar experiences to share, connect and support one another

***From Challenging to Managing Workshop

Teachers (phase 1) & parents (phase 2)

Details: Develop understanding of Children and young people's challenging behaviour, how to respond to it and prevent it developing a whole systemic approach

Week 1: Understand (impact, reasons, & vulnerabilities)

Week 2: Prevent (whole-class approach, developing skills, empowering)

Week 3: Respond (de-escalation, managing stress, connection)

***Attachment & Trauma Workshop & Podcasts

For young people, foster carers and professionals

Details:

Phase 1: Helping foster carers & their supervising social workers build on previous attachment training to provide practical support around day-to-day realities of fostering attachment

Phase 2: Podcast around psychoeducation & practical advice to children, young people in care on how to help navigate early attachment traumas in their current relationships selfcare.

Phase 3: interviews with care leavers & foster carers

*** Cultivating Resilience for young people that get into trouble with the law.

For Young people and Key workers

Phase 1: Resilience workshop for key workers to increase understanding & cultivation of resilience in their work with teenagers

Phase 2: Co-reflection exercise between 2 practitioners to discuss barriers to resilience in their work

Phase 3: Podcast/interview with a teenager around resilience

** Workshops for children and young people and parents/carers

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To register your interest, please email BICSGroups@barnet.gov.uk specifying which workshop you would like to attend. You will receive confirmation with details regarding your online workshop. More information about BICS please visit: www.barnet.gov.uk/children-and-families/support-parents-and-carers/young-peoples-mental-health-and-well-being

