

## Chipstead Valley Primary School Safeguarding Newsletter- Spring 1

### Supporting children who are worried about the news

Children are exposed to news in many ways and what they see can worry them. Some children may have questions about what is going on in the world and this can seem like a frightening and daunting conversation to have with your child.

Police have issued new guidance to young people about what to do in the event of a terror attack. If you're concerned about how a child is feeling following recent attacks or would like advice on how to talk to your children about terrorism, you can call the NSPCC helpline on 0808 800 5000.

The NSPCC has released the following advice that can help you have a conversation with your child around the news:

- Listen carefully to a child's fears and worries;
- Offer reassurance and comfort;
- Avoid complicated and worrying explanations that could be frightening and confusing;
- Help them find advice and support to understand distressing events and feelings.

Children can always contact Childline free and confidentially on the phone and online.



### NSPCC Positive Parenting:

Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time.

This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>



### Parents' Mental Health

Many children will grow up with a parent who, at some point, will have some degree of mental illness. Most of these parents will have mild or short-lived illnesses. In fact, 68% of women and 57% of men with a mental illness are parents.

Many parents feel under pressure to balance their parenting role with their other roles as partners or workers. The services below offer free therapeutic talking services to help support your mental health and to allow you to be the best possible parent you can be.

### Croydon Talking Therapies (IAPT) Service

They are a free and confidential NHS service provided by the South London and Maudsley NHS Foundation Trust. Croydon IAPT offer a range of psychological therapies to adults 18 years and over, who are registered with a Croydon GP.

IAPT (Improving Access to Psychological Therapies) is a national programme that was created in 2005 after it was recognised that a very large percentage of the population suffer with problems like depression and anxiety at some point in their lives. Each county and London borough have their own local IAPT service that provides evidence-based treatment for common problems like these.

You can self-refer through the website:

<https://slam-iapt.nhs.uk/self-referral/>



### Mind Matters Surrey IAPT Service

Mind Matters Surrey is a talking therapy service for adults (18+) registered with a GP in Surrey. They provide quick and easy access to talking therapies, in line with individual needs and best practice recommended by the National Institute of Health and Clinical Excellence.

Their experienced staff will listen, allowing you to talk about your difficulties in a non-judgmental and supportive environment. They will help you to understand your issues, and will work with you to develop new ways of coping. This will help you to feel better about yourself.

You can self-refer through the website:

<https://www.mindmattersnhs.co.uk/getting-help>