



WELLBEING NEWSLETTER SPRING 2025

This term we have been thinking about ways to self-regulated when we are in the different colour Zones. Breathing is one strategy that works in all the zones. Here are some different techniques that you could practise with your child

Smelling Flowers Tell your little one to imagine they are smelling a flower, breathing in deeply through the nose and out through the mouth. Smelling flowers is one of the easiest breathing exercises to master, and a good starting point for your child.

The Bunny Breath Just like a little bunny in the garden, encourage your child to take three quick sniffs in through the nose, and one long exhale out through the mouth.

Blow Out Candle Have your child blow out the candles on a make-believe birthday cake, drawing a deep breath in through the mouth, and blowing it out strong through the mouth as well.

The Snake Breath Tell your child to pretend he/she is a snake and hiss, inhaling deeply through the nose and blowing out through the mouth with a soft and low hissing sound.

Blowing Bubbles Remind your child how softly they need to blow to get a nice big bubble. Encourage them to take a deep breath in and blow it out soft and long.

We recently had Nikki Brunton-Smith who is the Primary Mental Health Worker for Waverly come in to do an Anxiety Workshop for parents. She highlighted the difference between **normal worries** for children and **anxiety** which is an abnormal overwhelming sense of fear and apprehension

What is a normal developmental fear in primary aged children?

- **Fear of the dark.**
- **Fear of danger.**
- **Tests.**
- **Peer rejection.**
- **Insects.**
- **Animals.**
- **Ghosts.**



- **Bad people.**
- **Anticipating something bad will happen –**
- **Parental separation etc.**
- **Being home alone.**
- **Sickness.**
- **Dying.**
- **School failure.**
- **Peer rejection.**
- **What others think of them.**

The **Red** being the younger development years, and **Black** as they progress through Primary School.

Parenting can be emotionally and physically challenging.

WHAT IS ON OFFER?



- CFHS/SCC funded multiuser licence. All Surrey residents' **FREE** access to NICE approved online **understanding your child courses**. **Free Access code ACORN**
- Advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with additional needs and disabilities to support emotional health and wellbeing in children, families, and adults.
- Based on the Solihull Approach promoting understanding of children's behaviour.
- Focus on parent/carer/child/teenager relationship. How we relate to each other, how we process our emotions and how knowing about this makes a difference
- Offering parents/carer a strategy for repair when things go wrong

