

Psychology in Schools Team (NSFT) Parent Workshops

As human beings we benefit from routine and structure; change can bring a range of feelings. During the course of the COVID-19 pandemic we have all faced significant change and uncertainty. This situation has been difficult and has brought about new feelings of emotional distress and elevated these feelings in those who were struggling previously. With young people becoming more dependent on their parents for support, we developed a virtual parent workshop programme, free to all and booked through Eventbrite, to offer guidance and feelings of community to families to help support their young people, in a time of isolation and difficulty in accessing services.

The parent workshop programme created by the Psychology in Schools Team is designed to upskill, empower, and invigorate parent's ability to support their young people with their emotional wellbeing. The workshops draw on a variety of theory and practical knowledge to foster an understanding of how and why our young people may feel the way they do, driven by the context of the current climate. We firmly believe that connection is at the forefront of developing positive wellbeing and our workshops reflect this but helping parents to relate with their young people during a time of development when they can be hard to reach. With over 2,000 parents accessing these workshop over the last few months with excellent feedback we have been inspired to continue our work beyond lockdown, providing families with psychoeducation, signposting, and connection with available services around a variety of emotional need.

Understanding the Adolescent Brain: Supporting our Teenagers with emotions

During adolescence the brain is going through some very big changes – these changes are positive and support our young people to make the transition into adulthood. However, these changes can be confusing and understanding what is happening in the teenage brain is incredibly helpful. This session will explore these brain changes and how they impact on all aspects of our adolescent's life including mood, behaviour, risk taking and relationships. We will also explore what we can do to strengthen our relationships with our young people and support them through this period of development. [Parent workshop: Supporting our teenagers with emotions - YouTube](#)

Supporting our Young People with Eating Difficulties

Summary: The workshop is designed to explore some of the eating difficulties young people maybe facing at this time, to understand the way food can be used as a coping mechanism in times of stress, to address what a parent/carer can do that is helpful or not helpful, and importantly identify what are the red flags to alert a parent/carer to take action to get help, as well as where to get help. The workshop's focus is on providing easily accessible information in an interactive format which will encourage early intervention and prevention of the escalation of difficulties at this time.

<https://youtu.be/93IRgw2VnOs>

Tools to Manage Uncertainty and Building Resilience in our Young People

Summary: Life is always unpredictable, but we have been living with a much higher degree of uncertainty over this last year than is usual. This workshop will introduce strategies that parents/carers/professionals can support their young people to help them cope better with uncertainty now and in the years to come. Being able to adapt to situations by learning to tolerate emotions and cope with change reduces stress levels and is a great skill for life. This workshop is suitable for parents/carers of all children struggling in the current pandemic who would like to learn strategies they can teach their children to manage difficult thoughts, feelings, and situations. It is also helpful for professionals who might work with young people. <https://youtu.be/e6sSkYLIII8>

Parent Feedback: “What I will take away from tonight’s session – Try to take the uncertain path instead of keeping to the safe route was new to me and I think will change my life and make my children’s future better. Living life to the full instead of a half life like I feel has been the case”.

Surviving Lockdown Mark 3

Summary: This workshop explores how we make sense of what we are all experiencing at the moment. It will consider the most significant challenges posed by the pandemic for both parents and young people (including anxiety and low mood) while also thinking about the most helpful ways to manage these challenges. <https://youtu.be/FzUrOntfbnU>

Parent Feedback:

“I found your session so helpful as it made me feel that I am not alone as a parent, that we are all going through this together. It made me feel that actually ‘I’m doing an ok job’ and not to be too hard on myself. I found the biochemistry side of things fascinating and it was exactly the things that are happening with my son. It made me feel reenergised and to ‘keep going’.”

Supporting our Young People with Anxiety

Summary

This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it effects the brain, how it effects the body, how it impacts on what we do and don’t do and how parents can support their children/adolescents who might be struggling with anxiety. [Anxiety in Adolescence - YouTube](#)

Parent Feedback

"Connection over correction – its very difficult to do this and I often need reminding! ideas to help Children move from reassurance to self-assurance was useful as I'm often exhausted from having to reassure constantly!"

Supporting our Young People with Low Mood

Summary: All of our young people have days when they feel low, this is perfectly normal. Sometimes this low mood hangs around for a bit longer and starts to make it much more difficult for our young people to do the things that are important to them and have the kind of relationships they want to have with others. For us as parents it can be hard to spot these difficulties especially among all the other changes that are happening in adolescence. This workshop will help you to have a better understanding of why our young people are more vulnerable to low mood once they reach adolescence, the warning signs and some evidence based strategies to best support your young person. [Supporting Our Young People with Low Mood - Parent Workshop - YouTube](#)