



NHS
South West London and
St George's Mental Health
NHS Trust

Education Wellbeing Service

NEWSLETTER

September 2024

Welcome Back to School

Preparing in Advance

- **Establish a Routine:** Start a consistent bedtime and morning routine to help your child adjust
- **Practice Independence:** Encourage your child to practice skills like dressing, using the toilet and opening their lunch box
- **Organising things together:** Involve your child in packing their backpack, sorting out stationary and their school uniform.

More Tips

- **Label Everything:** Label all your child's belongings to prevent loss and mix-ups
- **Healthy Breakfast:** Ensure your child can start the day with a healthy breakfast to improve concentration and energy levels
- **Communication:** Maintain communication with your child's teacher and school staff to stay informed about their progress and any concerns.

Starting school may be an exciting milestone for both children and parents. To ensure a smooth and successful transition, on this newsletter you will find important and essential tips to help your child navigate their first weeks in school.

Additional Tips

Promotes cooperation around the house and a sense of responsibility

- Get your child involved in regular things such as helping with dinner or cooking
- Help with simple chores such as sorting out the cutlery, emptying the washer, sorting out the laundry (depending on age and development)
- Add a reward chart to these new tasks!! to keep your child motivated and most importantly don't forget to praise, praise and praise

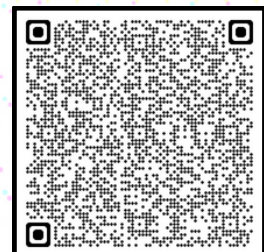
Promotes time management for all

Having a routine helps to establish a natural rhythm into everyone's day. A routine can help to structure time around free play, technology!, physical activities and adventures for everyone!



Local Primary Parent Webinars

Free **NHS** evening and lunchtime webinars for parents on a number of wellbeing related topics throughout the year. 99% of parents recommended the webinars last year. Sign up using the QR code



USEFUL LINKS AND RESOURCES



Sutton Information Hub

CLICK HERE!

Sutton's Information Hub– first stop to various resources offered in the borough.



Family Hubs & Children's Centres

CLICK HERE!

Family hubs offering Parent/Carer Coffee Information Sessions.

WE CAN ALSO HELP!

Education Wellbeing Service

The Sutton Education Wellbeing Service is based in your school. We are an early intervention service that provides support for families who are experiencing common behavioural difficulties or fears and worries

Our Parent Interventions

We offer 2, parent-led, Guided Self-help support programmes for parents looking to explore new way of supporting their children with...

Anxiety



Challenging Behaviour



Speak to pastoral members at your child's school if you would more information, or to complete an application form or you can email:

SuttonEWS@swlstg.nhs.uk

We also have our Education Wellbeing Service YouTube Channel! We have a range of videos available that cover different topics about emotional wellbeing!

SCAN THE QR CODE BELOW!



Education Wellbeing Service - SWLSTG

@educationwellbeingservice

We are the Education Wellbeing service that is part of South West London ... >