



ROCKLIFFE MANOR
PRIMARY SCHOOL

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Dear families,

We are very pleased to inform you that we will be holding a Parent Workshop on Monday 26th September at 9.15 in Beechwood. The workshop will be delivered by Children and Adolescent Mental Health Service (CAMHS) practitioners. This workshop will focus on transition and ways that parents can support their child to be successful at school. Please see below for more information:

Greenwich CAMHS
Mental Health in Schools Team

Transition to Nursery/Reception Workshop for Parents/Carers (50 mins)

This is a one-off workshop that can be delivered via Microsoft Teams or face-to-face.

The workshop is aimed for parents/carers whose children are starting/have recently started at nursery or reception. Beginning nursery can bring up a variety of emotions, for parents and children. This workshop aims to provide support and strategies around managing and coping with this transition and promoting independence.

This workshop covers:

- « Changes young children go through
- « Using at-home routines to support the transition
- « Defining anxiety/worry and understanding what it can look like in children
- « Reflecting on parents own feelings towards their child going to nursery/ reception
- « Strategies and techniques to try support emotional well-being during the transition

We look forward to seeing you there on Monday 26th September. Refreshments will be provided.