



Presents



LENHAM

FAMILY

Forum

We want to start a family forum for ALL parents following our school PRIDE values outlined below.

Lenham Primary School has been taking part in "Partnership for the Inclusion of Neurodiversity in Schools" project.

P- Parent Support

R- Respect

I- Inclusion

D- Diversity

E- Encouragement

The first meeting of the Lenham Family Forum will focus on worries. If your child worries a lot please join us! Come for a chat, some advice, and to meet others in the same position.

Our first meeting will be Tuesday 20th May at 14:00.



**FAMILY
FORUM**

How the forum works?

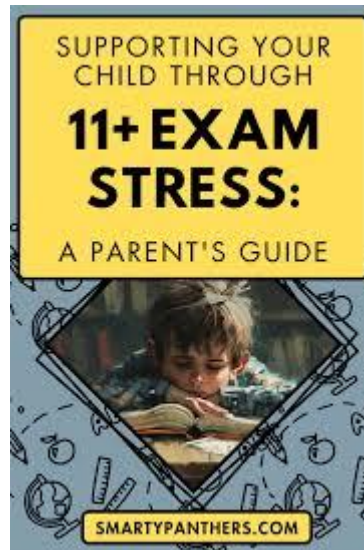
This is a safe environment for the school and parents to work together.

We must:

- Be respectful.
- Allow people to speak.
- Accept not everything can be solved in a short session but acknowledge a bigger issue may need to be tackled outside the group or at a later date.
- Be supportive.
- This is about moving forward together with shared understanding.

How do the worries present?

What worries do they have?



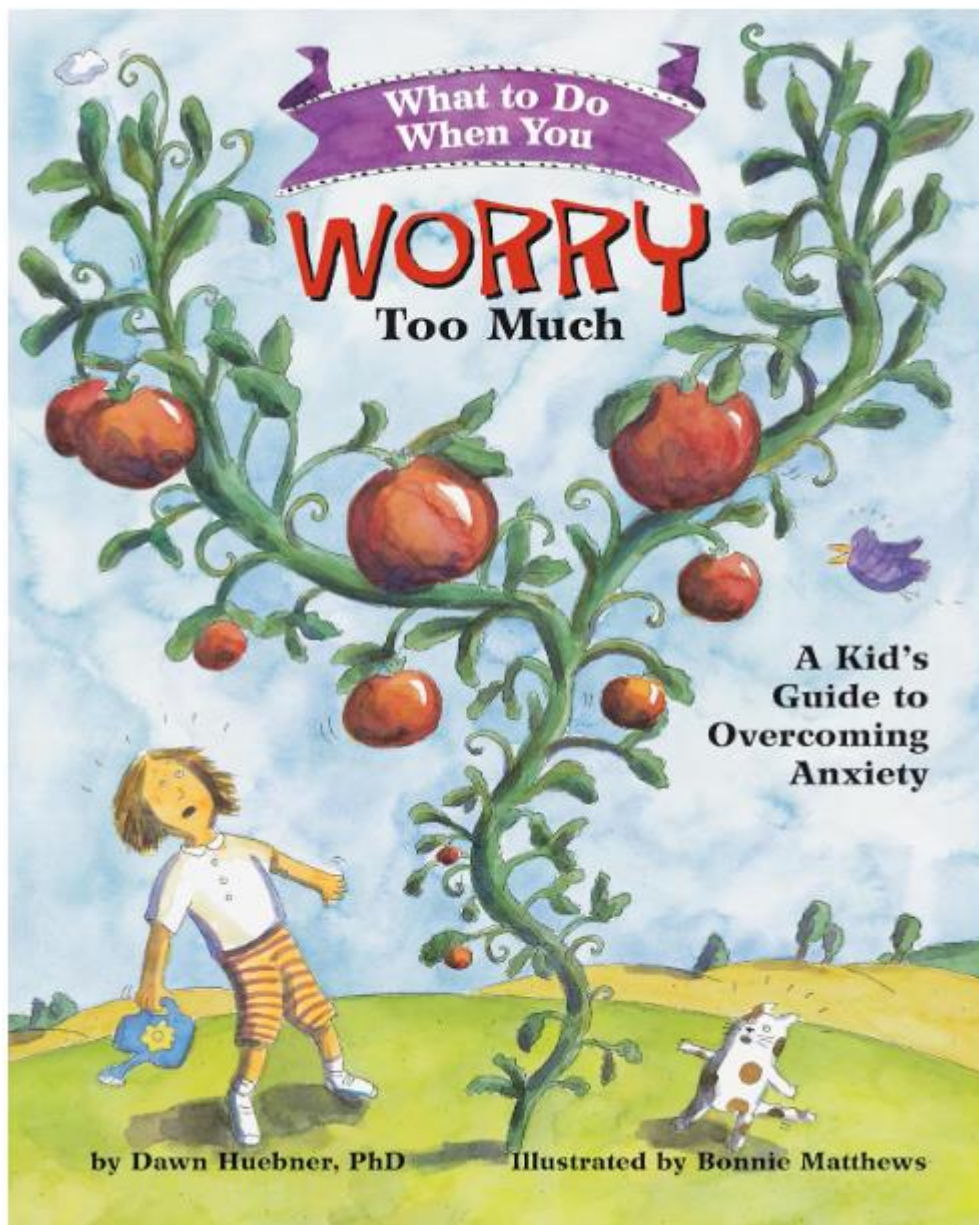
What is anxiety?

Anxiety is a feeling of worry, fear or unease. It is often experienced as a combination of thoughts, feelings and physical sensations in our body.

All children and young people feel worried sometimes. This is a normal, human reaction to things that feel stressful. For example, before an exam a young person may feel more worried than usual. But they will soon feel calmer after the stressful event has passed.

Anxiety becomes a problem when a child or young person feels stuck in it. When this happens, it can become an overwhelming experience. It can also affect their daily life and limit the things they feel able to do.

If your child or young person is struggling with anxiety, there are things you can do to help them. We've got advice to help you provide reassuring support, work on strategies together and find professional help if they need it.



Grown-ups sometimes call worries anxiety or stress. People who worry a lot are said to be **NERVOUS** or **ANXIOUS**.

Whatever you call it, a worry is a thought that upsets you and makes you feel bad inside.

A worry can be a specific thought that makes you feel scared, like "What if Mom forgets to pick me up after my soccer practice?" Or it can be more general, like getting a **FLUTTERY**, sick feeling in your stomach every day before school, even though you aren't quite sure what is upsetting you.





How Do Worries Get Started?



Seeing or hearing about something scary can make a worry get started. Watching **POLICE SHOWS** or **MOVIES WITH BAD GUYS** can make kids think that something bad is going to happen to them.

Sometimes bad things really do happen, like someone dies or parents get divorced or your best friend stops liking you.

When something scary or sad happens, or when you hear something that makes you think that something scary or sad could happen, worries can get started.





<https://www.riseuk.org.uk/resources/wellbeing-for-children?>

Parent and child activities

Take a look at these useful things to do with your child to help them open up and express themselves:

- Have a box or a jar where your child can pop a note or drawing of 3 things that they have enjoyed about their day.
- Have a separate box or jar where your child can do the same with any worries, thoughts, or feelings. You can check in regularly and talk these over with them - if they want to (be led by them, go at their pace and don't force it!)
- Read books together that help you open up conversations on talking to others and sharing our feelings

<https://local.kent.gov.uk/kb5/kent/directory/results.page?locationdistrict=Maidstone&agerange=2&searchtype=event>



Southborough Family Hub - Resilience Club

Thursdays: 4pm to 5:30pm

Calling all 5 to 8 year olds! Resilience Club at Southborough might be the place for you. Support in building confidence and self esteem by encouraging to make friends outside their school circle. Drop them off to take part. We offer indoor and outdoor games,...
Telephone: 03000 412 987

E-mail: greenfieldsfh@kent.gov.uk

Website: [Visit our Maidstone Family Hub Facebook page](#)

Age Range: 6-10

Add to Shortlist