

CHILDREN'S CENTRE PSYCHOLOGY NEWSLETTER: SUMMER 2025

The Team



Dr Kellie
Turner



Dr Kirstie
Davies



Dr Rebekah
Sutherland



Luciana Oliver



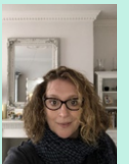
Michael
Charles



Fenella
Chedham



Tamsin
Cuthbert



Lucy
Bennett-
Downes



Emily
Humphries



Dr Jeni
McElwee

News

In July, we attended an open day at Caerphilly Children's Centre. It was lovely connecting with parents/carers and other professionals living and working in the area and to be able to share the different ways we can support.

We were also excited to present training for school nurses working across Gwent where we discussed and shared ideas about how children & young people with additional developmental needs can be supported to regulate their emotions in relation to trauma and distress. We received some great feedback from those attending the event.

"For an introduction to emotional regulation it was very informative and easy to understand."

"I would love to receive more training from you. Excellent presentation - really well presented and questions encouraged"

"Excellently presented. Really useful both in work and home life. Really useful information. Thoroughly enjoyed the session."

Children's Centre Psychology Workshops

We will be continuing our virtual workshops for parents/carers of children with additional needs. Over the next few months we will be offering the workshops below. Please scan, click on the QR code to book onto these and/or to sign up to our workshop mailing list

Supporting Anxiety in Children Monday 4th August
10am-12noon

Introduction to Sleep Monday 15th September
10am-12 noon

Transitions and Separations Wednesday 22nd October
10am-12 noon

Exploring Behaviours That Can Challenge Date tbc
10am - 12noon

Supporting Communication Workshop Wednesday 18th August
10am-12noon



Rupture & Repair

In every relationship there are times when things are said or done that can cause upset, even when we don't mean to. This is normal. Nobody is perfect and we all make mistakes. Sometimes those mistakes impact on those people around us. We even have a saying "To err is human". It is one of the ways in which we learn and grow. In relationships we may call this a '**rupture**'.



The picture shows an example of 'Kintsugi', a Japanese art form where when a pot is broken, they repair it using gold. This serves to not only strengthen the pot but also makes it look far more beautiful. In a similar way, when a rupture appears in a relationship, the repair serves to strengthen the relationship, it creates a greater degree of trust and safety within a

relationship leaving everyone feel more heard and valued.

In our last newsletter, we caused a potential rupture by inadvertently posting information about a service whose values are misaligned with our own. As soon as this was brought to our attention we offered an apology and we corrected our mistake. We have also looked to ensure that we have learnt from our mistakes and will, in the future ensure that we are researching organisations more before we include any information about them. We were really grateful that this was brought to our attention and we ask that if we ever cause offence in future, please tell us so we can rectify it. We also thought that this created the opportunity for us to talk about rupture and repair and how important it is in relationships.

There are times when all of us don't get things quite right in a relationship. As parents we might react to our children's behaviours without fully understanding what has happened. Or we might snap at our children because we've had a really bad day. Our children may fall out with their sibling or friend, or say something cheeky to their teacher. This is okay and happens in all families and all relationships. These are all examples of a **Rupture**.

When a rupture has occurred we need to consider how we make a **Repair**. There are different ways in which we do this. There is nothing wrong with saying sorry for over-reacting to a situation, e.g. "I'm sorry that I shouted earlier, I've had a really tough day in work and I lost my temper. What I could have done was take some time to calm down when I got home and then I could have responded better. Can we have a hug?" Modelling, in this way, helps children learn the importance of making amends, helping them to do this without prompting in the future and, in turn, will help them to create stronger relationships.





We want your help!

In CCP we value working together as a community so we would like to offer you a chance to have a greater voice in our service.

There are many ways in which you can do this.

- Join our **Parent Participation Panel** (K.I.S.S. - Knowledge, Information, Signposting & Support) for opportunities to have a voice in service development, creation of resources, participation in specific projects.
- Share your stories. We would like to offer families an opportunity to write an article about your experiences raising a child with additional developmental needs or any experiences you've had in receiving support from Children's Centre Psychology.

If you would like to get involved in any of these offers then please get in touch with us via email (**ABB.HelpingHandsTeam@wales.nhs.uk**) and someone from the team will contact you to discuss further.



Recorded Workshops



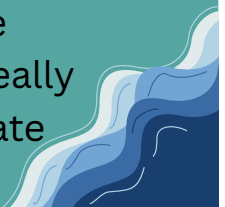
We are pleased to let you know that you can now access some of our main workshops on YouTube. Links are below.

Exploring Behaviour That Can Challenge: <https://youtu.be/KXfMgk-sL4k>

Supporting Anxiety in Children: <https://youtu.be/nH-YXw4ZWYE>

Introduction to Sleep: <https://youtu.be/YoM9LKSmRZ8>

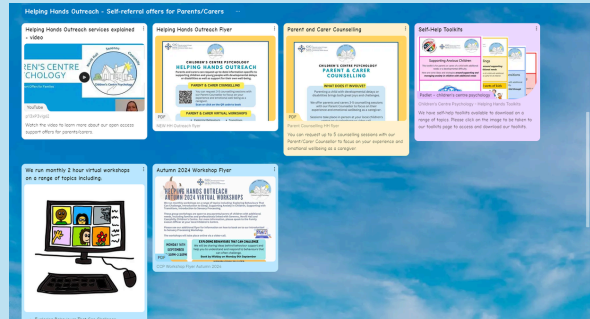
If you view the workshops in this format, please complete the feedback form, (see QR code at the end of the workshop) as we really value your comments as it helps us to adapt our offers and create new opportunities for support.



Children's Centre Psychology Padlet

For more information about us and all that we offer please take a look at our Padlet. You can access the Padlet by scanning the QR code below.

We host all of our toolkits, leaflets and flyers, newsletters and other useful resources and information for families on our Padlet. All the resources hosted there are free and easy to download. We hope this will enable you to have much more accessible and relevant information available to you when you need it.



Toolkits

As part of our Children's Centre Psychology Helping Hands Outreach we also offer a range of toolkits. Topics include:

- Building resilience
- Emotional Wellbeing
- Separation Anxiety
- Friendships
- Promoting Sleep in Children
- Supporting Anxious Children
- Supporting Siblings
- Supporting Your Child's Transition
- Understanding Behaviour

If you would like to access any of these toolkits please scan the QR code.



Upcoming Awareness Days

Disability Pride Month

For the month of July we have been celebrating Disability Pride Month. This is a month to be proud and celebrate all the achievements of those living with disabilities.

One message that we always give to the parents/carers that we support is that of celebrating all of our children and young people's achievements no matter how big or small because even the 'smaller' achievements can take far more effort, work and support for them to achieve.

We encourage you all to share the things that you feel proud about your children and young people. Maybe take time to tell your children and young people about the things you love most about them. If you'd like to share any of these stories with us we will post them in our next newsletter.

Youth Mental Health Day - 19th September

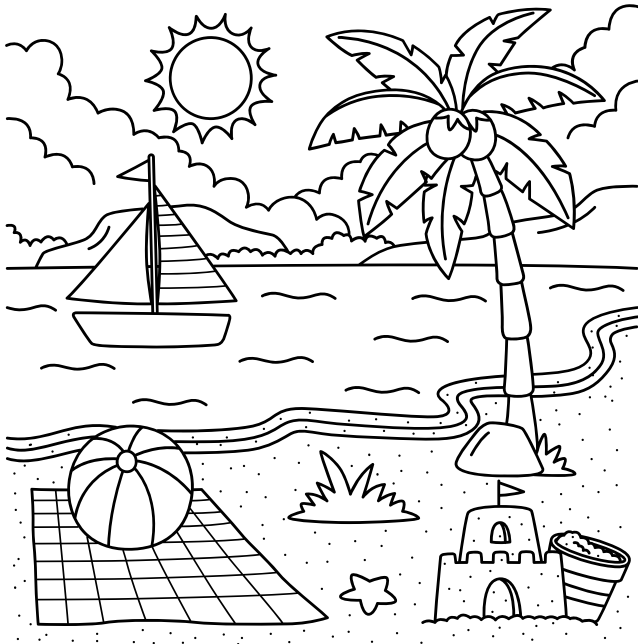
Did you know that 1 in 5 children and young people aged 8-25 years have a diagnosable mental health disorder, and yet only 40% are able to access effective treatment.

Youth Mental Health Day aims to provide hope and positivity by getting young people engaged in discussion and activities about how to improve their mental health.

This year's theme is SHARE SUPPORT and aims to encourage young people to connect with people, share how they are feeling and to seek support as early as possible. This could be through friends, family, teachers, school counsellors, youth service, or through accessing support through mental health services.



With the Summer holidays coming up, it can be a really joyous time, but it can also bring a great deal of stress, so taking time out for yourself is really important. For this activity we are encouraging you to take a little moment to pause, and engage with these mindfulness colouring activities on your own or with your children.



We would like to share with you some mindful breathing exercises. Mindful breathing strategies can help you to feel calmer and more relaxed when you are beginning to feel strong emotions such as worry, anger, and excitement. These strategies can be tried wherever you are.

Pin Wheel Breathing

1. Before trying this activity you could make your own pin wheels.
2. If you have a pin wheel hold it in your hands, if not imagine that you are holding a pin wheel.
3. Take a deep breath in and then blow gently on the pinwheel.
4. Watch how the pinwheel spins, noticing the light shining on each of its blades as it spins.
5. Breathe in slowly again and then repeat, gently blowing on the pinwheel each time and noticing how it spins.
6. Repeat 5 or more time.



Ice Cream Cone Breathing

Trace your finger around the ice cream and cone slowly breathing in and counting to 4 and then breathing out counting to 4. Repeat 5 time

