



**St Nicolas and St Mary Church of England
Voluntary Aided Primary School**

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27th May 2021

FREE Course for Parents/Carers: Boost the Bond

Dear Parents and Carers,

As a school, we are incredibly proud of how all of the children have navigated the last year. We have taken time as a school to reflect upon experiences of lockdown and how it feels returning to school; we have been so impressed with the resilience that all of the children have shown in these challenging times.

Despite this, it is critical to acknowledge the massive upheaval of this last year and the significant impact it has had upon our children's emotional well-being. School have therefore commissioned a course for parents/carers from Your Space Therapies entitled 'Boost the Bond'.

The training is delivered by Emma Connor, director of the therapy service, who is an engaging and experienced child psychotherapist. It is a unique and down-to-earth course for parents and carers providing practical ways to have the best relationship with their children. The course will offer an overview of child and adolescent emotional brain development, practical strategies and theraplay games to develop and maintain strong parent-child emotional bonds. Parents will learn about managing children's anxiety, challenging behaviours, sleep issues, bonding time, boundaries and other issues that have become exacerbated due to lockdown.

School have commissioned this training which will be available from the **28th May until 11th June**. Please see the attached flyer for the link and password.

If you have any feedback about the training, please email the Office with the subject 'Boost the Bond'. Feedback would be gratefully received as it will inform future opportunities/courses for parents/carers.

Kind regards,

Miss H. Wing
Assistant Headteacher for Inclusion