

**Parent
Workshop
Feedback
19/31
responses:
Children's
Emotional
Wellbeing
Tue 10th Oct.**

Emotional development involves learning what feelings and emotions are and developing effective ways of managing them.

As children grow and are exposed to different situations their emotional lives also become more complex.

Developing skills for managing a range of emotions is therefore very important for their emotional wellbeing.

Parents, carers and schools all have an important role to play in supporting children's emotional development.

1. We wanted to raise awareness of the importance of mental health and wellbeing. How well did we do?



7 Some new information.



14 A useful reminder.



A bit confusing.

2. 'Children close their ears to advice but open their eyes to example.'

As parents / carers, how well do you think YOU model good mental health?



16 Oops! I could do better.



5 I'm a great role model!



2 I don't know how.

3. Homework is...

(Child/ren in Y3/Y4/Y5/Y6 - please ring)



9 Another job to fit in!



16 Quality time with my child.



A waste of time.

4. Any other comments or queries? Add your name if you would like a personal response.

- **Great session! Thank you!**
- **A really enjoyable session; nice to spend time with my daughter without being interrupted.**
- **Some child-centred activities in school based on feeling scared and angry and how to deal with those.**
- **What a fantastic session. Really enjoyed. Looking forward to session 2, 3, 4...**

- Not what I expected.
- Great session to bring emotional well-being to the forefront of life at home and school. Do more! 😊
- Really good to make me stop and think about this subject - sometimes life is just so busy to make time. Excellent presenter.
- Good to see mental well-being highlighted.
- Thank you for your time and information.

Thank you Simon Bentley (Guest Speaker), parents, pupils and staff for coming today.