

#YOU'VE BEEN MISSED

Webinars for parents



Birmingham's #you'vebeenmissed campaign is to support children and young people, parents and carers and professionals throughout the Covid pandemic. As part of the campaign, Lydia Stafford, a Mental Health Nurse working in the Forward Thinking Birmingham's early help team is leading 3 webinars to support parents. Lydia is passionate about supporting parents to maintain and strengthen relationships with their children, whilst being able to manage difficulties and challenges. There are many transitions ahead for everyone moving slowly back into life after lockdown; Lydia would like to offer parents a webinar that explains why self-care as a parent at this time is a priority not only for their well-being but also in supporting and being "present" for their children during these transitions. Parents will also hear how the smallest acts to look after ourselves can make a significant difference. Lydia is also a parent to 3 children, she will be bringing aspects of both her personal and professional self to bring this concept across in a real, honest and connected way. For resources and videos visit: bwc.nhs.uk/youve-been-missed

PARENTING SELF-CARE SUPPORT

SESSION LEADER: LYDIA STAFFORD - FORWARD THINKING BIRMINGHAM STICK TEAM

AVAILABLE DATES:

2ND JULY, 1.30PM - 2.30PM

17TH JULY, 10.30AM - 11.30AM

25TH AUGUST, 1.30PM - 2.30PM

Sessions hosted on Zoom

TO BOOK, VISIT <https://bep.education/events/>



WE WANT TO HEAR FROM CHILDREN & YOUNG PEOPLE ABOUT THE COVID-19 LOCKDOWN

Why?

Parents/carers, we believe your children are resilient and insightful and should be consulted on issues that affect them.

Their voice matters.

Inspired by [this guidebook](#), we have realised that, whilst many helpful guides have been published about being at home with children during COVID-19, children's skills and perspectives are often missing.

We invite your children to help address this and to share their views.

What will happen to your responses?

Children's views will be published in a **guidebook for adults*** containing advice about life at home during and after lockdown.

This will be published on the Birmingham Educational Psychology Service website: <http://www.birminghameducationsupportservices.co.uk/Services/4524>

How can my child/children take part?

- ⇒ Ask your child any of the questions below
- ⇒ Send responses to:
PupilViews@birmingham.gov.uk by
18th July 2020
- ⇒ Get creative! Children can write or draw their responses or ask you to record them.
- ⇒ Include your child's name, age and area of Birmingham that you live in, if you would like this to be published.
- ⇒ Your child's school may be able to send this to us on your behalf, with your consent.

We hope that this will:

- ◇ Be a fun, thought-provoking activity for children
- ◇ Enable children to feel empowered, included and listened to
- ◇ Provide adults with practical ideas
- ◇ Highlight how children can provide creative solutions during challenging times.

*We cannot guarantee that all responses will be included in the guidebook, but we will endeavour to include as many as possible.

QUESTIONS

To give advice to those remaining in lockdown

How have you managed to enjoy your time at home?

What skills have you used to make staying at home more rewarding for your parent(s)/carer?

Share a story of one of your favourite times at home with your family... Maybe a story from lockdown or from when you were little...

What do you think your parent(s)/carers should know or do to make staying at home together a happier experience for you?

What things have you tried to remember or told yourself to make you feel stronger when you've found staying at home difficult?

What has made your relationship better with your parent(s)/carers while staying at home during lockdown?

What could adults do to feel better or happier when at home?

Do you know any songs to listen to or stories to read that might help adults to feel better?

QUESTIONS

To give advice to those coming out of lockdown

What skills can you use to make returning to school positive?

What do you think teachers should know to help them to prepare for returning to school?

What do you hope to do outside of your home after lockdown?

What would you like to suggest to your parent(s)/carers or teachers to help them to keep well while coming out of lockdown?

What are you most looking forward to when returning to school?

Thank you, we look forward to sharing the views of children and young people in Birmingham.