

Parent Graffiti Board- Time to Talk day

Things we worry about as parents

- money and cost of living
- time management
- am I doing the best job I can?
- transition to high school and admission process

Things we think our children worry about

- getting into trouble
- mum will shout at me
- teachers changing-transitions
- bullying

Top tips and Strategies- what works for us

- talk to your child
- talk to the school
- having a calm kit at home
- make time to talk to your child

Current issues

- my child doesn't feel included
- my child doesn't want to come to school
- friendships- people not wanting to play with my child
- not enough time for self-care

Things parents worry about for their children

- peer pressure from friends
- are they learnign enough?
- is my child getting enough support?
- addictive behaviours- TV, sweets

"I worry that my kids will be sad and confused because of recent events in the local area"