



Information for parents and carers

Hamish & Milo is a programme which gives children the opportunity to be involved in a range of activities about a particular theme of emotional wellbeing as part of a small group. We are delighted to be able to welcome your child to the group.

In this theme, we are focusing on how we develop an internal strength and belief in ourselves and the resilience to overcome challenges, obstacles and adversity to enable us to thrive throughout life.

We know that children need to be inspired, encouraged and reassured by the belief of those who matter to them so that they can overcome challenges, give something another go, reach for their dreams and realise their goals.

Helping your child

We understand that children can struggle if they find things difficult and lack confidence to try again. They need our reassurance and encouragement to have another go and to be resilient. We know too that parents often try to reassure, encourage and enable children to try and step out of their comfort zone and how important this is. We encourage you to do this as much as you can.

We need to help them acknowledge difficult and painful experiences with empathy and validation and then encourage them to use their inner strength

We need to help them recognise too that self-awareness is part of resilience. It's knowing what we're feeling and what has happened to us, so that we allow ourselves to recognise, accept and know our feelings without blocking, denying or suppressing any emotion that is too difficult to bear. Then with this awareness, resilience is the courage to step forwards again and take the next steps along our journey with care, bravery and conviction.

to take the next step forward. We need to help them experience and survive feelings of frustration or disappointment. Suggestions to help include:

- ✔ Keep encouraging them and praise their efforts.
- ✔ Model making mistakes so that they see this is okay and part of learning.
- ✔ Have a 'let's do it together' approach, so they don't feel on their own.
- ✔ Practise problem-solving and set small, achievable goals.

