

# Seeds of Wellbeing



Lovington C of E Primary's Wellbeing Guide -  
**Issue Autumn 2026**





# Welcome

Welcome to the Autumn edition of Seeds of Wellbeing. This newsletter is designed to support you in nurturing the wellbeing of your children both at home and at school. Each issue will offer practical tips, creative ideas, and resources to help foster a happy, healthy environment for your child to grow and thrive. We'll also share updates on courses and workshops that might be of interest, giving you tools to support your family's wellbeing journey.

Together, we can plant the seeds of kindness, resilience, and positivity that will flourish in our children for years to come.

We look forward to growing together.



# Quick Links



**Emotion Coaching - Sentence Starters**

**Proud Wall: A Self Esteem strategy**

**Managing Separation and Goodbyes**

**Supporting Your Child with Friendships**

**FREE Webinars**

**Useful Resources**

# Emotion Coaching Sentence Starters



## USING EMOTION COACHING: 3 SIMPLE STEPS



## Why are emotion coaching sentence starters helpful?

When children experience big emotions, it can be difficult for them to explain what they are feeling or think clearly about what to do next. Emotion coaching sentence starters give adults simple, supportive language to use during these moments.

Using consistent phrases can help children to feel heard, understood and safe. Rather than immediately trying to stop or fix an emotion, emotion coaching helps us acknowledge the feeling first: "I can see that you're feeling frustrated..." or "It looks like that has made you really upset."

Over time, this helps children to:

- Recognise and name their emotions, building their emotional vocabulary.
- Understand that all feelings are okay, even though some behaviours may not be.
- Feel listened to and understood by the adults supporting them.
- Calm and regulate their emotions with the support of a trusted adult.
- Develop strategies for managing difficult feelings and solving problems.
- Become more independent in recognising and managing their emotions as they grow.

Children learn how to manage emotions through their relationships with adults. By using calm, consistent language, we can model the skills we want children to develop themselves.

The aim is not to make difficult feelings disappear. Instead, we are helping children learn: "I understand what I'm feeling, I can talk about it, and I know what I can do next."

# Help your child manage separations and goodbyes



## Why does my child have separation difficulties?

- New situations, people and places can be scary for many children.
- When children are worried or frightened, they want to stay close to their caregivers.
- It's completely normal for younger children to feel anxious about separating.
- It's also good because it keeps them safe as they learn to manage new experiences.

## How you might be feeling

- You can feel anxious when leaving your child. You may worry about whether they will be ok – this is completely normal.
- When your child is incredibly upset, you're likely to get upset too.
- You may also feel frustrated or embarrassed by their behaviour. Or find it hard to think straight - making it hard to 'listen' to what their behaviour is telling you.
- And that can make your child more upset, so things get worse, instead of better.
- It can feel suffocating when your child won't leave you alone. Or if they want your attention all the time. Sometimes the more you need space the more your child seems to need you.
- And, when you try to leave them at school, or with someone else, it's hard if they're screaming and clinging to your knees.

## Some things to try that can help

- Think about what might be behind their fears, you know them best.
- If they're shy, try a gentle, step-by-step introduction to new things.
- If something's unsettled them recently - give them lots of time and reassurance.
- Give them some exclusive one to one time every day when you're not on your phone or busy doing other things. A little time goes a long way towards helping your child feel safe.
- Show them you understand their feelings, say: 'It's hard saying goodbye, isn't it? But I will be back soon, and you can have fun while I am away'.
- Introduce a goodbye routine or ritual, for example a high five or the same number of kisses.
- Give your child something to remind them of you, like a picture of you and the family.
- Calm yourself before a separation. You can then communicate with confidence to your child that they'll be safe without you. If you're anxious you can pass that on to your child.
- Manage your own feelings privately. If separating from your child triggers your own issues, speak to a trusted friend, family member or a counsellor.
- Remember, it's often the moment of parting that's hardest. And your child will calm down once you've gone.
- Talk to your GP if your child's fear of separation starts to get in the way of their everyday life.



# Free Webinars

We are pleased to share details of a series of free online webinars being delivered by Somerset's Mental Health Support Team (MHST) this Autumn term. These practical sessions are designed to help parents and carers support children's emotional wellbeing, resilience and mental health at home.

## Topics include:

- Supporting Your Child's Mental Health & Wellbeing
- Supporting Your Child's Big Feelings
- Helping Your Child & Teen Sleep
- Boosting Self-esteem & Resilience
- Coping with Exams: Supporting Your Child

The webinars are free to attend and open to any parent or carer in Somerset.

Registration is required at <https://canva.link/mhstautumn2026>



## FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's  
Mental Health  
Support Team



## SUPPORTING YOUR CHILD'S MENTAL HEALTH & WELLBEING



### WHEN?

18:00-19:30 8<sup>th</sup> October 2026  
13:00-14:30 13<sup>th</sup> October 2026

### REGISTER AT:

[canva.link/  
mhstautumn  
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will...

- ✓ Learn how positive mental health supports your child's happiness, confidence and success at school and beyond.
- ✓ Recognise the early signs that your child may be struggling and understand how to respond.
- ✓ Discover practical, everyday strategies to support your child's emotional wellbeing at home.
- ✓ Find out where to access help and support for your family when it is needed.



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## FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's  
Mental Health  
Support Team



## SUPPORTING YOUR CHILD'S BIG FEELINGS



### WHEN?

13:00-14:30 20<sup>th</sup> October 2026  
18:00-19:30 22<sup>nd</sup> October 2026

### REGISTER AT:

[canva.link/  
mhstautumn  
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ How to support your child's and teen's emotional resilience in the moment and for the future.
- ✓ Strategies that will help develop emotionally intelligent mindsets for all your family.
- ✓ A range of tools (including Emotion Coaching) to boost your child's, and your own, emotional resilience.



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## FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's  
Mental Health  
Support Team



### HELPING YOUR CHILD & TEEN SLEEP:

TOOLS, TIPS &  
TECHNIQUES



#### WHEN?

9:30-11:00 6<sup>th</sup> November 2026

18:00-19:30 12<sup>th</sup> November 2026

#### REGISTER AT:

[canva.link/  
mhstautumn  
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's  
Mental Health Support Team, we will...

- ✓ Learn why sleep is so important for wellbeing, mood and learning.
- ✓ Understand common sleep challenges and what gets in the way.
- ✓ Discover simple, evidence-based tips to improve sleep habits.
- ✓ Help your child feel happier, healthier and ready to reach their potential.



SCAN ME

## FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's  
Mental Health  
Support Team



### BOOSTING SELF- ESTEEM & RESILIENCE

HELPING YOUR CHILD  
TO THRIVE



#### WHEN?

13:00-14:30

21<sup>st</sup> October 2026

#### REGISTER AT:

[canva.link/  
mhstautumn  
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's  
Mental Health Support Team, we will explore...

- ✓ The everyday moments that build confidence and emotional strength.
- ✓ Simple ways to encourage your child's strengths, talents and interests.
- ✓ Helping children overcome negative self-talk and build a positive mindset.
- ✓ Friendships and feelings: supporting your child to navigate relationships with confidence and resilience.



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## FREE WEBINARS FOR PARENTS & CARERS

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## FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's  
Mental Health  
Support Team



# COPING WITH EXAMS:

SUPPORTING YOUR  
CHILD



## WHEN?

13:00-14:30  
19<sup>th</sup> November 2026

## REGISTER AT:

[canva.link/  
mhstautumn  
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's  
Mental Health Support Team, we will...

- ✓ Understand what exam stress can look like and why young people can feel overwhelmed.
- ✓ Learn what children and teenagers really need from parents before, during and after exams.
- ✓ Discover practical ways to reduce pressure and boost confidence, motivation and wellbeing.
- ✓ Take away simple strategies to help your child navigate exams feeling supported and resilient.



SCAN ME



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Somerset.

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# Proud Wall: A creative strategy



A Proud Wall is a simple and completely free way to celebrate your child and help build their confidence and self-esteem.

Choose a space at home where you can display things your child feels proud of. This might include a drawing, a certificate, a piece of writing, a photograph, something they have made or even a little note celebrating an act of kindness or perseverance.

The important thing is that the wall celebrates effort, progress and personal achievements, not just the end result. Encourage your child to choose what goes on their Proud Wall and talk together about why they feel proud.

Watch this video to find out more.  
<https://youtu.be/v5Xi5L-JJg0>



# Supporting your child with friendship issues



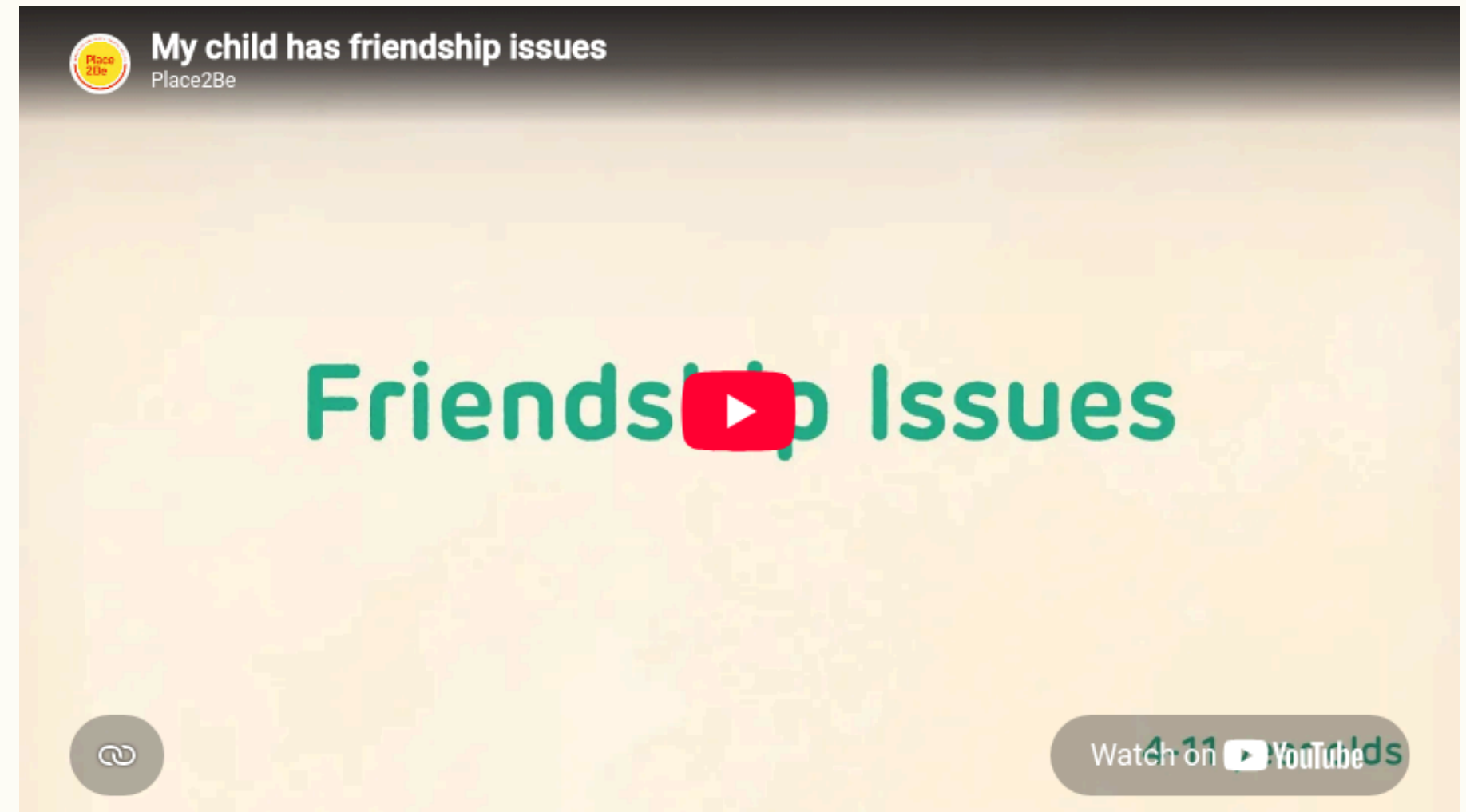
Friendship difficulties are a normal part of growing up, but they can feel very upsetting for children – and for parents too. When your child comes home worried or upset about a friendship, it can be tempting to step in and solve the problem for them.

Things you can try:

1. Stop and listen before stepping in.
2. Reassure them that it's natural for friends to fall out sometimes.
3. Help your child move past the anger and hurt
4. Help them grow confidence in their friendship skills

**Read the full blog post here:**

<https://parentingsmart.place2be.org.uk/article/my-child-has-friendship-issues>



<https://www.youtube.com/watch?v=W5jie3xoH2k&t=8s>

# Useful Resources

**ChildLine:** For 18s and under 0800 1111

**NSPCC:** 0808 800 5000

**YoungMinds Parent Helpline:** 0808 802 5544



**Mind – Somerset  
Somerset Mind:**

<https://www.mindinsomerset.org.uk>

**Mental Health Toolkit**

**Somerset children & young people**

[https://www.cypsomersethealth.org/mental\\_health\\_toolkit](https://www.cypsomersethealth.org/mental_health_toolkit)

**Youth Wellbeing Directory:**

[youthwellbeing.org](https://youthwellbeing.org)