

Raising Warriors not Worriers



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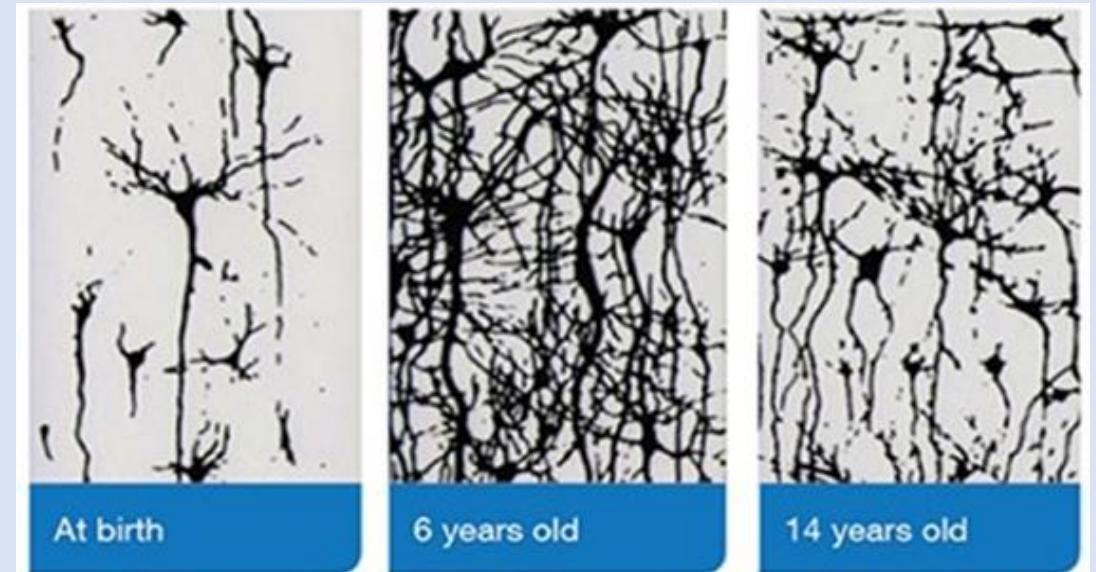
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Brain Development in Childhood and Adolescence

- Most rapid period of neurological development occurs during the baby and toddler years
- Brain reaches about $\frac{3}{4}$ of final size by age 3, about 90% by age 5
- **Synaptogenesis** –forming new connections
- **Pruning**- increasing efficiency
- **Myelination** –hones the speed of the signals



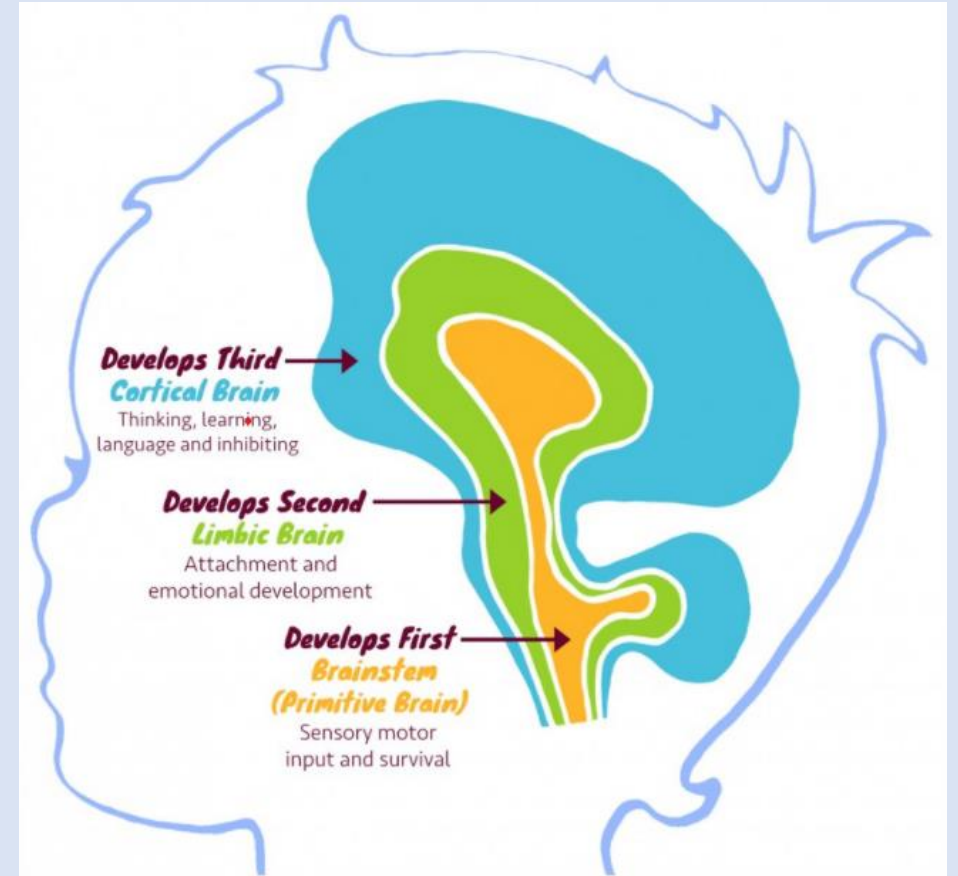
Triune Brain Model



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- Reptilian brain –basic survival
- Mammalian brain (the limbic system)
- The thinking brain (the neocortex)



Children's brains develop
from the bottom up.



Expectations



So it's normal to see:

More – risk taking, impulsivity, mood swings, self-centredness
Less – emotional regulation, rational thinking, empathy

A key job of parents is containment.

“We were still children, for all that we thought we weren't. We were in that in-between place, the twilight between childish things and grown-up things.”

Lost Boy: The True Story of Captain Hook – Christina Henry

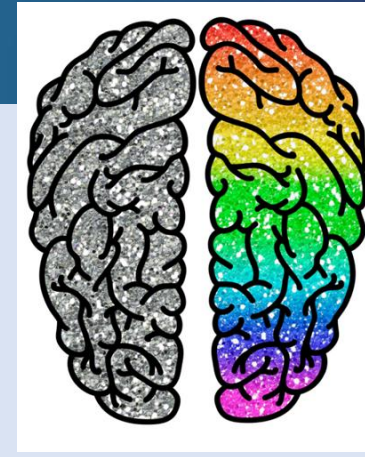
What can you do?

- Help your child develop a Growth Mindset.
- Developing the skills of resilience and independence.
- Changing the way children think and talk about ourselves and our learning can help them feel confident, resilient and not afraid to fail.
- Challenge negative self talk and promote positive self talk.
- Harness the power of 'yet'.
- Be a positive role model in how you manage challenges and setbacks. Be mindful of the messages you send with your words and actions.
- Ask...

'What did you do today that made you think hard?'

'What made you laugh today?'

'What mistakes did you make that taught you something?'



MY GROWTH MINDSET STATEMENTS

I can CHANGE my MINDSET with my WORDS!



INSTEAD OF:

- I am not good at this.
- I am great at this.
- This is too hard.
- This is too easy.
- I am afraid I will make a mistake.
- I give up.
- I can't do this.
- This is good enough.
- I won't try because I might fail.
- I am not as smart as my friend.

I CAN SAY:

- I am not good at this YET, but I will learn.
- I practiced and learned how to do this.
- This will require effort and finding the right strategy.
- How can I make this more challenging?
- When I make a mistake, I will learn from it and get better.
- I will succeed if I put forth effort and find a better strategy.
- I need some feedback and help from others.
- Is it my best work? Can I improve it?
- If I fail I can try again until I succeed!
- I am in charge of how smart I am because I can grow my brain by learning hard things!



What can you do?



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Actively listen to you child.



Give your child the time to talk to you – temptation late at night. Make space at a different time.

Accept the feelings and perceptions of your child and recognise that these feelings are often transitory.

Just listening to the problem and validating how they are feeling can change how they are feeling.

‘Sit with your feelings’ – children might need help identifying and naming these. All feelings are ok!

Do not try to ‘fix it’ but problem solve together to come up with solutions.

Allow your child to draw their own conclusions.

How to help your child build their self confidence



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1. Love your child.
2. Give praise where praise is due.
3. Model positive self-talk.
4. Teach resilience.





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1. Instil independence and adventure.
2. Encourage sports or other physical activities.
3. Support their pursuit of a passion.
4. Set rules and be consistent.



Recommended Resources



Books:

Between by Sarah Ockwell-Smith

How to talk so kids will listen and listen so kids will talk by Adele Faber and Elaine Mazlish

Find your Girl Squad: Making and Keeping Friends who Love You for You, by Dr Angharad Rudkin and Ruth Fitzgerald

Recommended Resources



Websites:

Place 2 Be Resources - <https://parentingsmart.place2be.org.uk/>

<https://www.camhs-resources.co.uk/> -comprehensive collection of books/websites/apps/videos for children and parents about mental health and wellbeing

<https://www.annafreud.org/schools-and-colleges/resources/>

Community section of the school website

<https://www.mindsetworks.com/> - further information on Growth Mindset

<https://biglifejournal.com/collections/ages-7-10> – resources for children and parents on Growth Mindset

<https://centerforparentingeducation.org/library-of-articles/healthy-communication/the-skill-of-listening/> - further information on Active Listening

<https://www.hampshirehealthyfamilies.org.uk/primary-school-kids-brain-development>