

# Mental Health Awareness Week

14TH - 20TH MAY, 2018

## Timetable



Sciennes Primary School are supporting Mental Health Awareness with a series of discussions & workshops, open to all parents & carers. These events are always popular, so book early to ensure your place.

**12TH MAY, 6:30 - 8PM**

Sound Sleep: Getting a Good Night's Sleep

Cost: £1, payment via ParentPay

**17TH MAY, 7 - 8:30PM**

Understanding & Developing Introverted Children

Cost: FREE, email [scienneshwb@gmail.com](mailto:scienneshwb@gmail.com) to reserve place

**16TH MAY, 6:30 - 7:30PM**

Non Violent Resistance: A Parenting Framework

Cost: FREE, email [paula.gilhooly@sciennes.edin.sch.uk](mailto:paula.gilhooly@sciennes.edin.sch.uk) to book a place



### Understanding and Developing Introverted Children

Does your child ...

- Seem quieter than other children?
- Like to spend time alone to recharge?
- Seem chatty enough at home or with close friends but become quiet and reserved with new people or in larger groups?
- Enter new situations cautiously and seem less gung-ho than other children?
- Have one or two good friends rather than a large group?

Congratulations, you have an introverted child! Introverted children are wonderful. Naturally quiet, well behaved (usually!) and able to entertain themselves for hours on end, they are a delight to their parents and often make model pupils but they do face unique challenges, not least that their introverted temperament is often confused with shyness, social anxiety, or lack of confidence. Find out how to help your child thrive in an extroverted world. An informal chat and discussion with Alison Outred, Life, Career and Business coach at Bright Thinking.

### Non-Violent Resistance: A Parenting Framework

Non Violent Resistance is a parenting framework aimed at creating a connected family. It looks at how you can create a strong bond with your child and manage difficult behaviours. It focuses on changing the way the adult interacts with the child. In fact, the child does not even need to engage with NVR in order for the family dynamic to alter.

Ghandi, Nelson Mandela and Martin Luther King successfully used non-violent resistance to respond to and overthrow an aggressive and violent opposition. Professor Haim Omer later developed NVR to be used in family settings when he himself wanted a more connected family.

Come along and find out more about NVR in a 1 hour introductory session. This will give an overview of the NVR framework.

If there is interest from parents, a more in-depth 6 week NVR course will be offered.

### Sound Sleep: Getting a Good Night's Sleep

Not getting the right amount of sleep each night has a truly detrimental effect on physical and mental health, in fact, the Mental Health Foundation has stated that "sleep deprivation is a seriously neglected health issue in our population".

The Sound Sleep programme from Sleep Scotland aims to tackle this lack of knowledge around the importance of sleep, giving pupils, teachers, parents & carers the information and guidance they need to help children achieve healthy sleeping behaviour, maximising the opportunity to reach their full potential.

As a brief introduction to the Sound Sleep programme our session will touch on;

- What is sleep?
- What happens when we sleep?
- Impacts of poor sleep
- How to get a good night's sleep