

The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

Happy New Year! We hope you have all had a wonderful Christmas and have found time to relax. A new year is the perfect time to reflect and make changes to make ourselves feel better mentally, physically and emotionally.



Conversation Starters

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide comfort. Whilst the activity is underway, what's the best way to encourage your child to open up? Have a look at some of our conversation starters.



Here are some things you could ask to get the conversation started:

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

If your child is having a hard time, you can try to find out how they like to be supported by asking gentle questions like:

- How can I support you through this?
- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What was the biggest problem you had today? What helped?

"Is there anything you need from me? Space, time to talk, time to do something fun?"

Equality and Diversity

Book Recommendation

The aim of this story is to ensure all children understand that children with disability are just like children everywhere. They love playing games, books, making stuff and being silly. This book provides the reader with ways they can be more inclusive in their play and encourages the celebration of diversity in all its unique and wonderful forms.



Coping skills Fortune Teller

This is a lovely resource for exploring coping strategies linked to sadness, anger, anxiety and fear. There are three versions for you to use. <https://www.elsa-support.co.uk/coping-skills-fortune-teller/>



If you need help...



Family Information Service (help with finances, wellbeing, housing)

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32>

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Don't forget we are also here to help.

Don't forget... **Action for Happiness Calendar:**

Happier January



"Just try new things. Don't be afraid, step out of your comfort zone and soar"