

# MHST Summer Webinars for Parents

Oxford Mental Health Support Team (MHST) is pleased to be able to offer a programme of free webinars for parents during the summer holiday period, on a range of topics surrounding children's mental and emotional well-being. These sessions will be delivered remotely via Zoom, with the aim of sharing information and ideas with parents on the topics outlined below. The sessions will be facilitated by MHST practitioners who will lead with a short presentation followed by time for group discussion and sharing of ideas (during which parents can choose to contribute to the session and can switch on video cameras and/or microphones, but there is no obligation to do so). Each session will be run twice a week, in one morning and one afternoon session, with identical content in each.

**Session 1: Preparing to Return to School** – Given that most children have had a long break from formal education in the school environment, some children may find the transition back to school more challenging. This session is an opportunity to reflect on what this could mean for them in terms of returning to school in September and will provide some helpful suggestions on how to best prepare and support your child for the return to school.

**Monday 3<sup>rd</sup> August 10am - 11am / Thursday 6<sup>th</sup> August 3pm - 4pm**

**Session 2: Exploring Children's Mental Health** - This will be an introduction to mental health in children and how to identify signs of common mental health difficulties such as anxiety and low mood. We will provide some ideas on basic strategies known to be effective in helping children and young people manage these types of emotional difficulties and help think about what you, as parents, can do to support your child.

**Monday 10<sup>th</sup> August 10am – 11am / Thursday 13<sup>th</sup> August 3pm – 4pm**

**Session 3: Managing Behaviour** - This session aims to help you to think about the link between emotions and behaviours and how to start to understand your child's behaviour better. We will outline some positive parenting strategies which have been shown to improve children's behaviour. There will also be an opportunity for some group discussion and sharing of ideas.

**Monday 17<sup>th</sup> August 10am - 11am / Thursday 20<sup>th</sup> August 3pm - 4pm**

**Session 4: Parent Self-care/General Wellbeing** - This session will cover evidence-based ideas/strategies for improving wellbeing (based on the 'Five Ways to Wellbeing'). We will help you think about how these ideas can be applied to help your children and your family, as well as how to look after yourselves as parents!

**Monday 24<sup>th</sup> August 10am - 11am / Thursday 27<sup>th</sup> August 3pm - 4pm**

**If you are interested in attending any (or all!) of these webinars, please complete this Google Form and we will be in touch:**

[https://forms.office.com/Pages/ResponsePage.aspx?id=m8iadaQqc0mwSOaQQ0aotsihrPUUTjxHm69vILM\\_zf9UQVpMVLc2WktCNDMxSjY4MDIQNIFMOTNUSC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=m8iadaQqc0mwSOaQQ0aotsihrPUUTjxHm69vILM_zf9UQVpMVLc2WktCNDMxSjY4MDIQNIFMOTNUSC4u)

**If you have any questions about the sessions please contact Emma Andrews, MHST administrator, at [Emma.Andrews@oxfordhealth.nhs.uk](mailto:Emma.Andrews@oxfordhealth.nhs.uk)**