

Parent Coffee Mornings

In partnership with Kender Primary School, the Lewisham MHST school wellbeing service are running spring term coffee mornings for parents & carers!



Workshop theme: **The Attention Principle**

- How to understand the attention principle
- How to use strategies like Selective Ignoring and Positive Praise



08.05.2024

A safe place for you to:

- Discuss wellbeing concerns about your child
- Learn about strategies to improve wellbeing
- Share and/or listen to experiences
- Connect with others & discuss ideas
- Learn about options for support

Please speak to **Vanessa Bekoe** for further information

