

**ONWARD REFERRAL
PATHWAYS FOR
SPECIALISED
THERAPEUTIC WORK**

- Relate NI provide counselling and therapeutic support to children www.relateni.org
- New Life Counselling provide children's 1:1 therapy. www.newlifecounselling.net
- Victim Support Aggression Related Trauma Project provides support to children and young people. www.victimsupportni.com
- Barnardo's provide 1:1 therapy and early intervention work <https://www.barnardos.org.uk/northern-ireland>
- NSPCC offer a range of therapeutic services for children and support for their parents <https://www.nspcc.org.uk/about-us/what-we-do/northern-ireland/>
- Women's Aid 'Helping Hands Programme works with children and young people who have been affected by domestic violence. www.womensaidni.org
- Autism NI supports individuals and their families - <https://www.autism-alliance.org.uk/autism-ni/>

Who are Relate NI?

Relate NI provide a range of counselling supports to families, couples, individuals, teens and children including working in primary schools and supporting parents.

CONTACT US

Relate NI School Enquiries

Tel: 02890323454

Email: office@relateni.org

www.relateni.org



Catherine McGrade

STEP Project

Forward South Partnership

23 University Street

Belfast BT7 1FY

028 9024 4070

@SouthBelfastPB

Please see below for some useful links for sign-posting for adults:

-Aware Support Line operates Mon - Fri 11am - 3pm. Please call 07548530931 or 07340488254; info@aware-ni.org

-Health & wellbeing resources <https://www.disabilityaction.org/pages/category/health-wellbeing-resources2>

-Lifeline for crisis support 0808 808 8000

relate ni
the relationship people

**TOP TIPS FOR STAFF
AND PARENTS IN
SUPPORTING
EMOTIONAL
WELLBEING IN
SCHOOLS**

Foundation, KS1, KS2 Edition



STEP is funded by the Department of Education and delivered by a consortium of five community and voluntary sector organisations. Since 2017, tailored early intervention programmes and interventions have been delivered through school and community settings to provide support for children and their families in South Belfast. The programmes support community connectedness and emotional wellbeing and raise aspirations, helping children and families get the best start in life. The delivery partners are South Belfast SureStart, Belfast South Community Resources, Barnardo's NI, and Sólás; managed and supported by Forward South Partnership.

Foundation Level

How to Recognise Emotional Difficulties in a child at Foundation Stage:

- Sudden changes in behaviour
- Defiant/ complacent
- Keen to please
- Difficulty concentrating
- Difficulty following directions
- Difficulty coming to school
- Attention seeking behaviour

Top Tips

- Foster a sense of safety
- Maintain healthy eye contact
- Allow for 1:1 time
- Reinforce positive behaviours
- Model healthy boundaries
- Sharing through play
- Normalise feelings

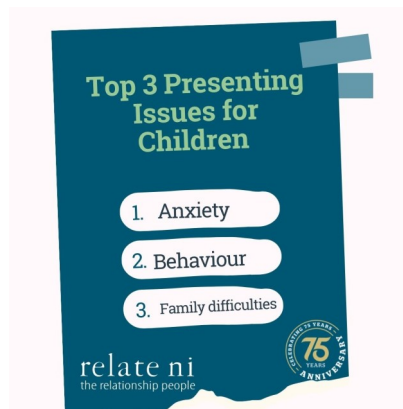
Key Stage 1

How to Recognise Emotional Difficulties in a child at Key Stage 1:

- Sudden changes in behaviour
- Difficulty coming to school
- Tired in class
- Changes in toileting
- Magical thinking
- Difficulty accepting responsibility
- Negative talk about themselves
- Attention seeking behaviours
- Controlling behaviours

Top Tips:

- Validate the feeling
- Active listening to the child
- Help child to problem solve
- Liaise with the parent
- Focus on self- confidence boosting
- Hold boundaries
- Use of 'time out' space if necessary.



Key Stage 2

How to Recognise Emotional Difficulties in a child at Key Stage 2:

- Sudden changes in behaviour
- Aggressive or withdrawn behaviours
- Overly dominant
- Tiredness
- Changes in eating habits
- Difficulty coming into school
- Lack of empathy
- Difficulty concentrating

Top Tips:

- Engagement in mindfulness techniques
- Encouraging exercise
- Promoting healthy eating habits
- Holding boundaries
- Talks on transitioning to secondary school
- Liaising with parents
- Help solve friendship issues
- Self- confidence boosting activities

