



Autumn Term SEND Coffee and Catch-up – Anxiety focus



We recently held our termly SEND coffee and catch-up session for families where we were joined by members of the Mental Health Support Team. Parents were able to learn more about the impact of anxiety for our children in their daily lives and discuss useful strategies that can be used at both home and school.

We shared ideas, resources and interventions that can be accessed by children at The Firs and Saplings, as well as how the Mental Health Support Team can provide further support for families.

Families who attended said:

'Talking to professionals for support and signposting was beneficial, but also getting to meet other parents who are facing similar situations. The space felt safe and it's great the school are providing these resources for parents.'

'It was nice to know that we are not alone.'

[Click here for the presentation](#) to learn more about how you can support your child if they are experiencing anxiety.