

The Exchange

PSYCHOLOGICAL WELLBEING
A GUIDE FOR PARENTS -
PRIMARY SCHOOL



Guide for Parents

The concept of 'counselling' has been adapted by The-exchange to provide a "Whole School Approach" to promoting and supporting psychological wellbeing in Primary Schools.

The-exchange model is highly collaborative, focusing on resilience building interventions aimed at developing emotional intelligence, self-regulation, confidence, self-esteem, optimism, problem solving and social competence in the child.

The-Exchange focus on the protective factors and the strength resources a child needs to manage adversity, "bounce back" and strengthen their psychological wellbeing so as to thrive into the future by managing their own mental health and emotional wellbeing. The-exchange will work collaboratively with school staff to support existing approaches.

WHAT KIND OF ISSUES DO THE-EXCHANGE SUPPORT CHILDREN WITH?

BULLYING

PROBLEMS
at home
OR With
FRIENDS

Death of
someone
close

Panic
Attacks/
ANXIETY

FEELING
angry,
CONFUSED OR
REJECTED

transition

WHAT KIND OF SUPPORT DO THE-EXCHANGE OFFER?

One-to-One Interventions

This is an 8 session model for the child and includes meeting with parents. If necessary, some of the 8 sessions can be dedicated to the parents. After the fourth session, The-Exchange staff speak with parents and teachers in order to find out if they have noticed any changes with the child. Therapists use a variety of mediums in their specialist work with the child including therapy; art; drama etc.

Group Work Programmes

These are used to support children who are struggling with similar issues. The sessions are interactive and creative, they usually last around 45 minutes. The-Exchange staff will work with the school staff to plan the sessions to ensure they integrate them sensibly around other activities and lessons which are taking place.

The content of these sessions promotes the development of personal resources such as self-belief, self-esteem, self-confidence and social competence, aimed at enhancing their ability to reach their full potential. Group work programmes for different ages are designed around specific themes e.g. bereavement, feelings, relationships, self-esteem and transition.

WILL I BE NOTIFIED THAT MY CHILD WILL BE ATTENDING COUNSELLING/WELLBEING SESSIONS?

YES. If your child's teacher or a key adult within the school feels that counselling may be beneficial to them, they will always contact you before requesting assistance from The-Exchange. For children under the age of 12, parental consent is required in order for the child to attend the sessions.

If you would like further information, please ask to speak to the School Counselling lead in your child's school or visit:

[exchange-counselling.com](https://www.exchange-counselling.com)

Additional support and resources are available on our resource site -
[exchange-resource.net](https://www.exchange-resource.net)

