



Central Academy

The best in everyone

Part of United Learning

AFR/LFA

3rd February 2020

Dear Parents/Carers

**Re: Live Broadcast - 'Support for parents over lockdown' in conjunction with Barnardo's –
5 pm, Wednesday 10th February, 2020**

We are delighted to be able to invite parents to attend a live broadcast with Hannah French, a senior practitioner in Barnardo's Mental Health Support Team. The session will focus on helping parents to support their children especially in this current situation.

Hannah's presentation will focus on areas such as:

- The importance of and how to establish routines
- Sleep hygiene
- Boundary setting
- Discipline
- Communication with your child
- Parental wellbeing
- Signposting to other services

Being a parent is not always easy and particularly at this current time, it can seem especially challenging. As a parent of a teenager myself, I found the information which Hannah will share very helpful and picked up some useful tips.

We would love to 'see' as many of you as possible at the event next week. On the evening, you will be able to join the live event by clicking on the link on our website.

As always, please do contact us at Centralsupports@rrca.org.uk if you need any advice, help or support.

Yours faithfully

Mrs Frankish
Vice Principal



Principal: Miss C Bacon

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