

WAMHS

Wellbeing and Mental Health in Schools

Daubeney is involved in the Hackney wide WAMHS initiative as we recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement.

WAMHS



My name is Annie McHugh. I am a Clinical Psychologist and the CAMHS Worker in School (CWIS) at Daubeney. I visit Daubeney twice a month. My role is to support the whole school community in improving our awareness and understanding of emotional wellbeing.

If you have any questions, please speak with myself or Miss Bibi, who is the Designated Mental Health Lead at Daubeney.

Transitions

Throughout the year children experience several transition. All transitions can be difficult for families to negotiate, even positive transitions, can be difficult because they involve change. It is normal for both children and parents to experience a degree of anxiety caused by change and to have mixed feelings about it.

Some top tips for supporting your child through times of change

- Be aware of your own feelings about the change. Talk them through with a friend/partner.
- Expect the transition to be successful - if you are positive and confident it will help your child to be too. But remember that adjustments take time.
- Try to be extra available to your child during the transition period
- Let your child express difficult feelings. Listen and take them seriously even if they sound minor to you.
- Talk to your child about what is going to happen. Try and find a story book which involves a similar change.
- If possible, avoid too many changes at the same time.
- Think about previous changes that have gone well. What did you do to prepare? What could you do again this time?
- Remind your child of positive memories of changes