

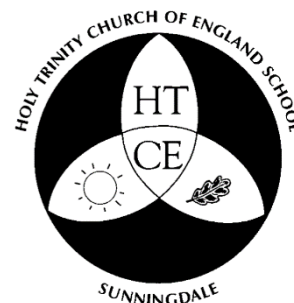


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Introducing Emotion Coaching and the Zones of Regulation to Parents and Carers



Our main aim was to share the emotion coaching approach we use as staff with parents. The aim was that parents and school use the same approach to help regulate pupils using the same language, strategies and Zones of Regulation.

Achievements: What I/we are proud of.....

The parent workshops delivered by Dr Jo Slifi were planned together with us so we could make sure school's approach was shared clearly with parents. The feedback we have received from parents who joined the workshops has been very positive.

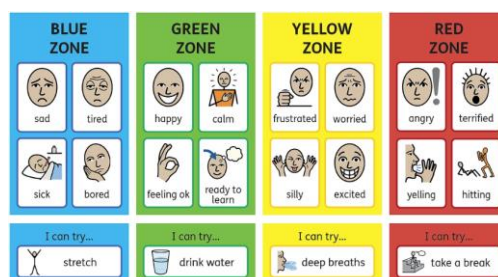
We have used our [website](#) as a platform to share resources and information with parents and regularly send out reminders in our weekly newsletter.

Impact: What changes I/we have noticed.....

Parents are beginning to use the same language as school such as: 'emotional regulation' 'Zones of Regulation' 'co-regulating' 'flight, fight or freeze'. When we are having to have difficult conversations with parents about children's challenging behaviours, they are able to engage in the discussion and promote strategies used in school at home as well.

"Dr Jo's Emotional Coaching Workshop was very useful for me as a parent of a child who sometimes struggles to regulate at home. The practical tips were particularly helpful, such as the problem-solving wheel which is now on our fridge! I also found the scientific information on brain development and describing behaviour like an iceberg, useful for my own understanding of why he might behave the way he does sometimes. It was also a useful reminder that as adults we sometimes need to regulate ourselves before helping our children to regulate their themselves!"

Parent



"The workshops were highly informative and insightful. Gaining a clearer understanding of the language and tools used in school has been incredibly valuable, enabling us to provide more consistent support at home and creating a more cohesive approach between school and family. This has already had a positive impact on our family.

Thank you again for organising them." Parent