

If we change our behaviour, they'll change their behaviour

GOLDWYN SCHOOL
Aspire • Empower • Achieve

Celebrations!

Michelle Maddison
Emma Perry-Macleod

Friendly conversations that make a big difference!

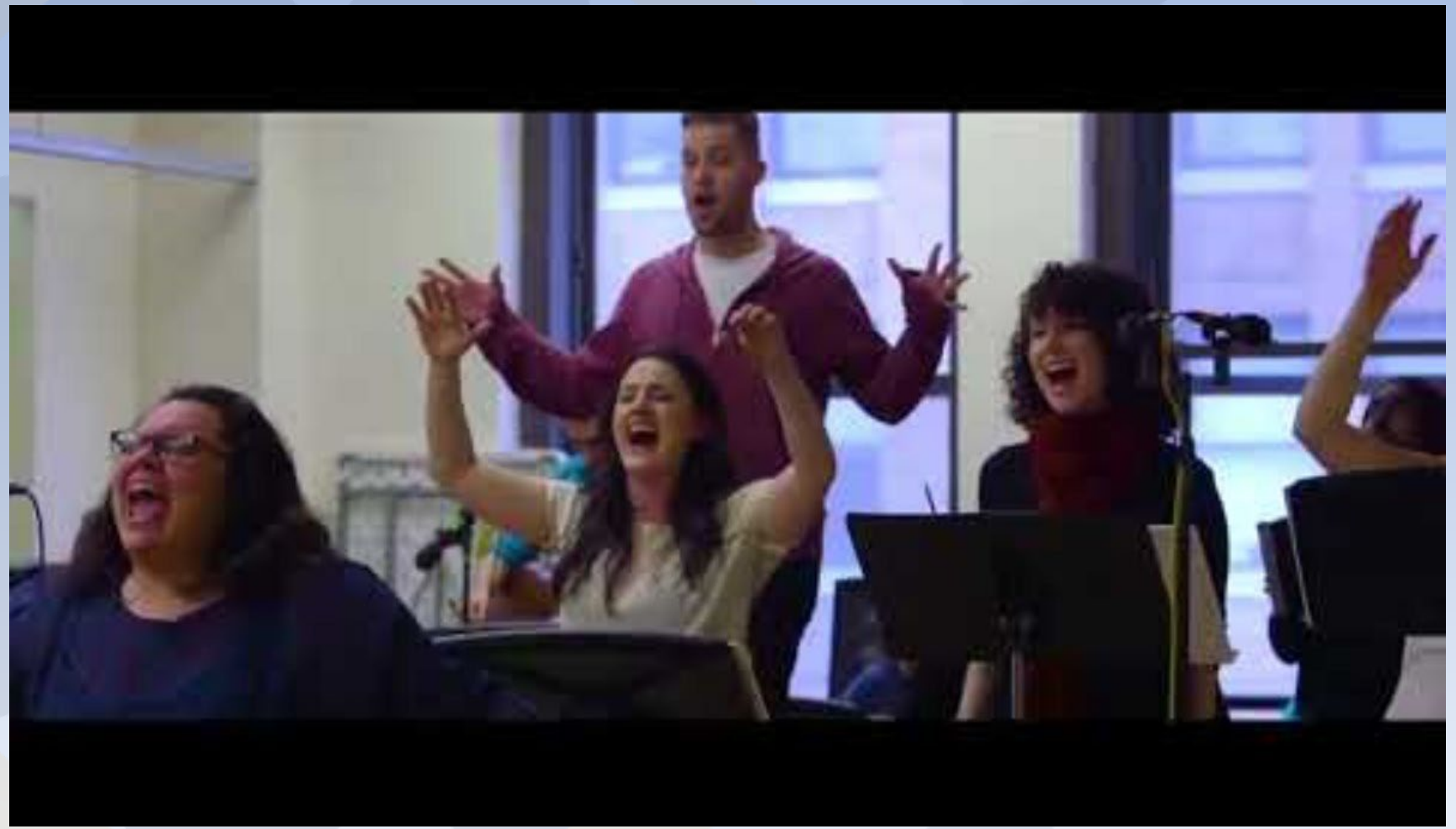
6 CELEBRATIONS & SUPPORT



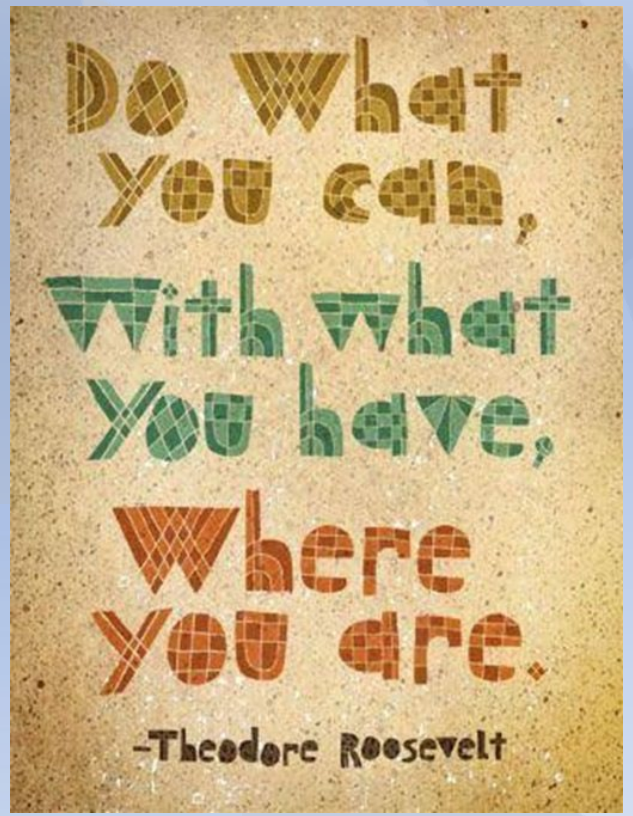
- Sharing successes
- Reflecting on learning
- Supporting one another
- Building a stronger parent community

15 OCTOBER
10–11.30AM

Together, we support our young people to thrive.



Recap



It's ok NOT to be ok!

CHAT DOES THIS

OXYTOCIN
Builds trust & connection

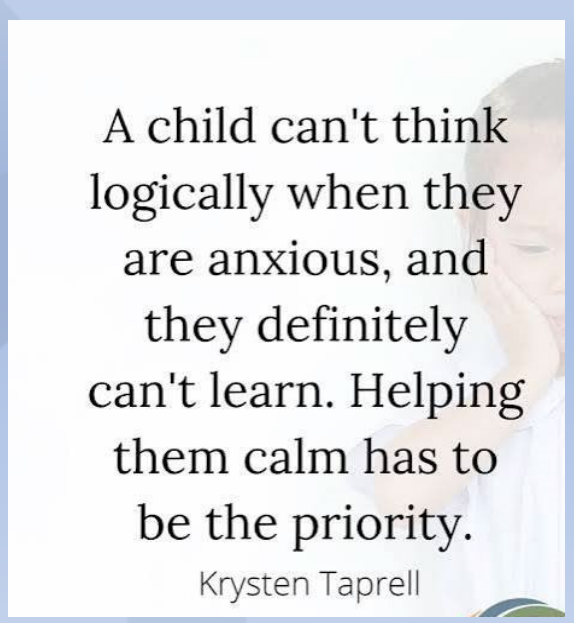
DOPAMINE
Feels good & rewarding

ENDORPHINS
Lowers stress & lifts mood

Parents only need to be emotionally attuned to their children about 30% of the time. Instead of striving for perfection, it encourages embracing mistakes, setting boundaries, and normalising everyday misattunements to build resilience.

Recap

Stress-Inducing	Stress-Reducing
Criticism	Constructive feedback
Control	Guidance and support
Punishment-focused	Teaching-focused
Inconsistent rules	Consistent boundaries
Dismisses emotions	Validates emotions
Perfectionism	Growth mindset
Fear-based motivation	Encouragement-based motivation



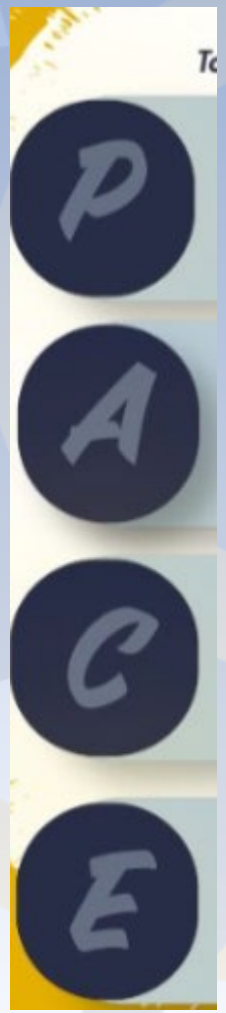
Opioids

When optimally activated, they bring about:

- Feelings of love, nurturance and acceptance
- Feelings of connection and social engagement
- The sense of all is well in my world
- Attachment is an opioid addiction

Recap

Help your children to reflect on stress not behave it through attuned empathic responses



Social interaction is a biological need, as vital as food and water

High levels of cortisol (toxic stress) will block opioids getting through.

Just 20 mins in a blue or green space helps calm and reduce stress.

When playing, you become connected with your child through the shared joy and create stress reducing chemicals.

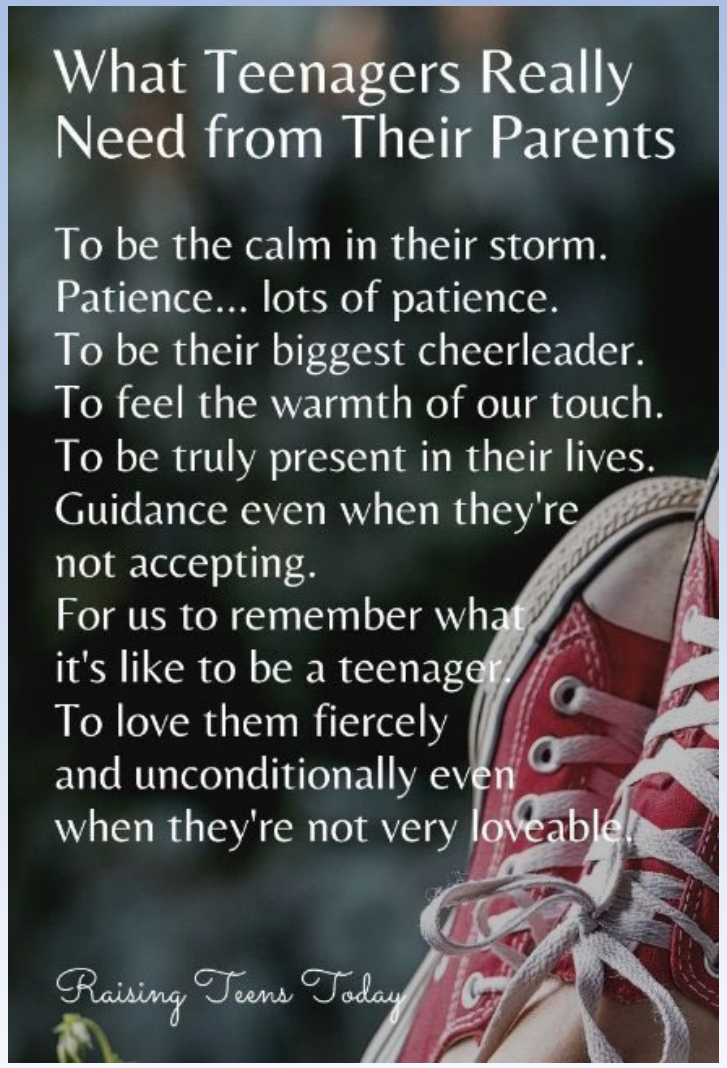
Recap

Our feelings matter, don't supress them!



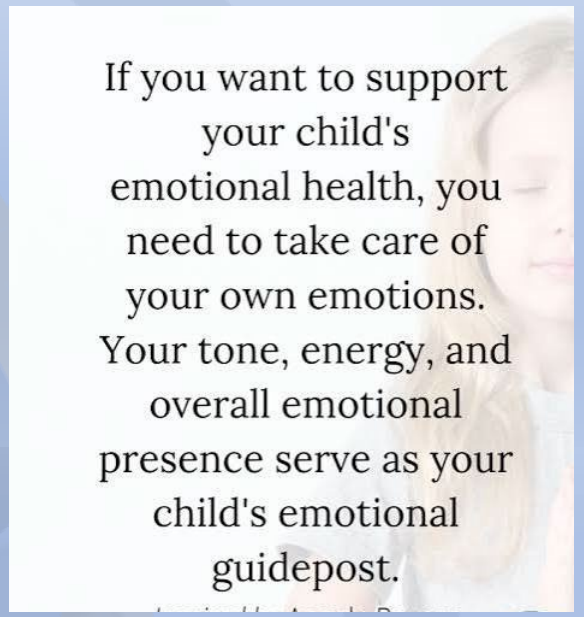
Good vagal tone

Brings about states of calm, social connection, pro-social behaviour, emotion regulation.
Increased performance on cognitive tasks: attention, working memory, inhibitory control.
Better physical health.
Reduced inflammation, reduced risk for heart attack and all-cause mortality.
Smaller negativity bias (the tendency to see things negatively instead of positively).
Stronger explorative urge.



Everyone needs an emotionally available adult, a good network and self care

Recap





W.I.N.E

I wonder ... Not assuming, being curious

I imagine ... Shows you understand, feel the emotion

I notice ... Helps them recognise how feelings feel and look

Empathy ... Be emotionally responsive

Be curious not furious

Key Take Aways?

Ongoing support

Specialist Engagement Officers
Inclusion Lead
Head of Schools
Pastoral Team

Parent community

Parent forum

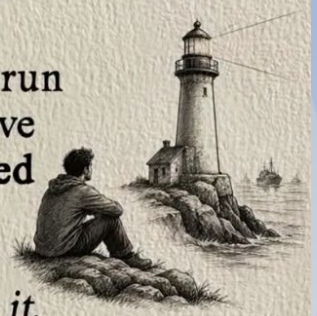
Future workshops

Academic workshops?

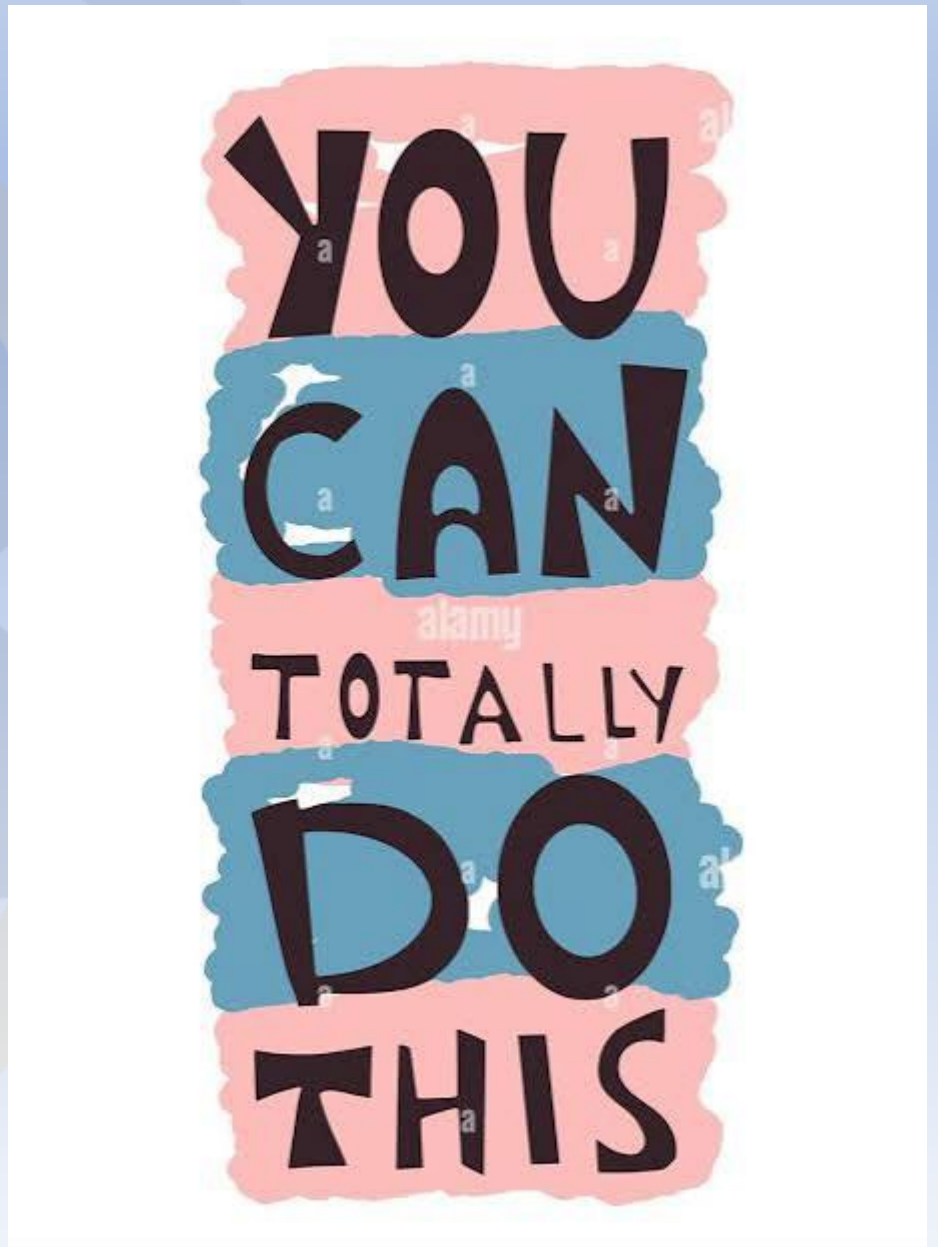


Someone wise once told me:

You aren't a lifeboat, you're a lighthouse. Lighthouses don't run all over the beach trying to save ships. **They just stay grounded and keep the light on.**



Took me years to actually get it.



Your voice matters

Questionnaire

Email Headteacher@goldwyn.kent.sch.uk

Share with other parents


Parent Tea and Chat - September and October 2026