

Be curious not furious

GOLDWYN SCHOOL
Aspire • Empower • Achieve

Mentalising

Michelle Maddison
Emma Perry-Macleod

Friendly conversations that make a big difference!

5 MENTALISING



- Reflecting with your child, what it means, first you've got to be able to do it!
- When you can see the benefits then you can use PACE, WINE to help your child.
- Importance of restorative conversations (owning your part and active listening).
- Allowing your child to borrow your calm.

8 OCTOBER
10-11.30AM

Together, we support our young people to thrive.

What destroys a relationship

Criticism - this fuels the argument and escalates it

Defensiveness – need to take responsibility, own your part

Contempt, name calling, mocking – erodes the immune system

Tuning out – saying everything in your head creates escalation

Mentalising
-What does it mean

To feel and think about how you're feeling.

The psychological process of understanding and interpreting human behaviour, both your own and other people's, through underlying mental states like thoughts, feelings, wishes, desires, and intentions.

Gives words to your inner life.

Doing it with your child

Helps you to help your child make sense of why people act the way they do.

Trauma reflective functioning can prevent intergenerational trauma

Continuous attempts by parents to understand their child's mental state helps the child develop their own mind and undefstanding of the psychological world

Doing it with your child

Reflecting together - Think about feelings not just experience them. E.g. where does it feel in your body?

Then put into words, key factor to avoid depression, anxiety and helps self regulate, handle stress and be empathic

Talking for and about your child ask permission. Use big words to match big feelings

Doing it with your child

Helps you to help your child make sense of why people act the way they do

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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

Reluctant talkers

Small world toys

Drawing

Puppets

Restorative conversations

Helps to reflect on stress not act it

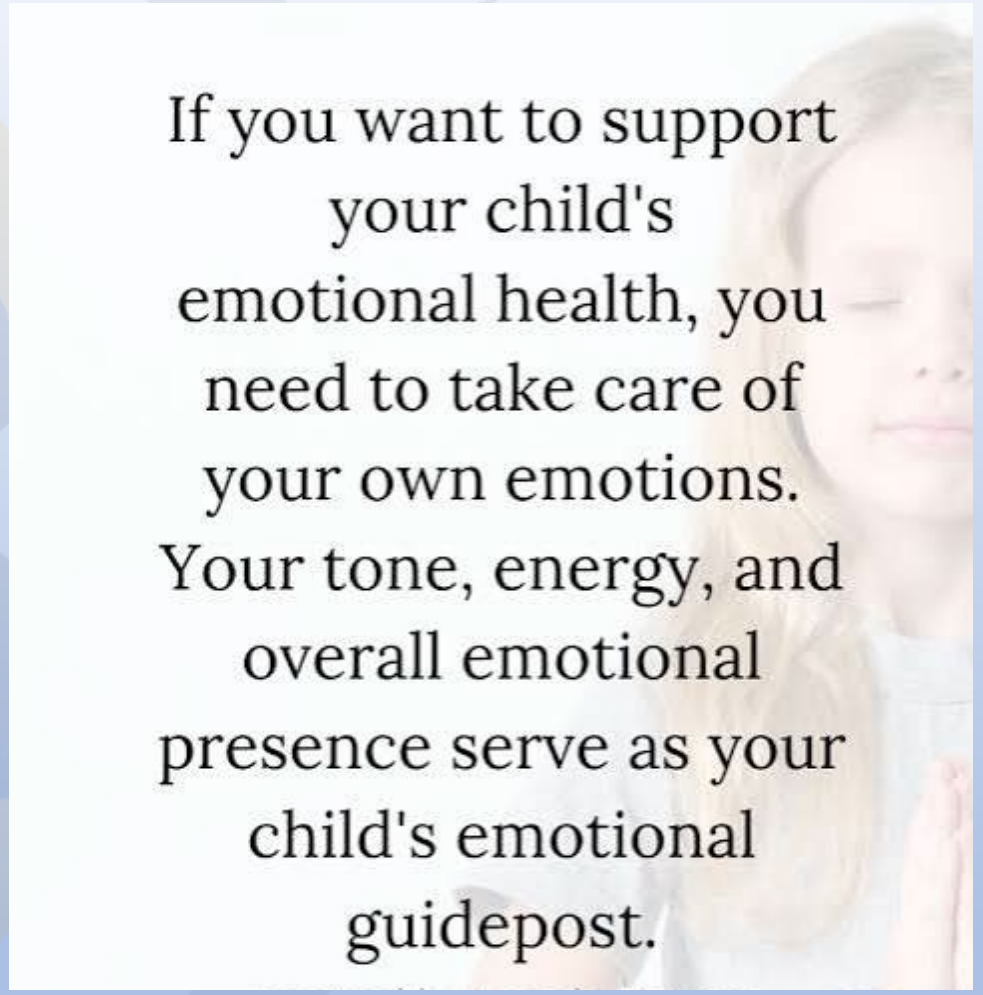
The use of restorative conversations are to discuss the impact/consequences of actions and how things could be handled differently next time, as well as what worked well and why, so it can be repeated

Only works when...

- Enough time has passed
- It's framed as curiosity not interrogation
- The child knows there's no "right answer" they're being pushed toward
- Shame is kept low — you're exploring together, not presenting evidence

Mentalizing helps families stay connected, kind and calm.

Even when things are stressful.



PARENTS' TEA & CHAT

CONNECT • LEARN • SHARE • SUPPORT

Join Michelle Maddison, Nurture Lead Teacher, and Emma Perry-MacLeod, Specialist Engagement Officer, for a series of friendly, informative Tea & Chat sessions designed to help parents better understand young people, strengthen relationships, and build confidence in supporting emotional wellbeing.

Held at Goldwyn Nurture Hub, School Road, Hothfield TN26 1HA

Friendly conversations that make a big difference!



Together we support our young people to thrive.

1 MEET & GREET

Meet and greet Michelle & Emma

- Who I am and my experiences
- Reassuring data and statistics
- Overview of future Tea & Chat sessions
- Opportunity to suggest additional topics

10 SEPTEMBER 10-11.30AM

2 UNDERSTANDING THE NEUROSCIENCE BEHIND BEHAVIOUR

- Emotional systems in the brain and body
- The need for opioids
- The impact of prolonged cortisol and stress
- What triggers these chemicals
- How our interactions can induce these chemicals

17 SEPTEMBER 10-11.30AM

3 CREATING POSITIVE INTERACTIONS

- Introduction to P.A.C.E.
- Maslow's Hierarchy of Needs
- The importance of play
- Attachment games
- What teenagers say they need from adults

24 SEPTEMBER 10-11.30AM

4 YOUR CHILD'S AND YOUR KEY RELATIONAL NEEDS

- Attunement
- Empathy
- Containment
- Soothing validation
- What is unconditional positive regard
- Relationship needs
- Reducing toxic stress
- Links to previous sessions

1 OCTOBER 10-11.30AM

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8 OCTOBER 10-11.30AM

6 CELEBRATIONS & SUPPORT

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

15 OCTOBER 10-11.30AM

TOGETHER WE BUILD A STRONGER SCHOOL COMMUNITY

Everyone is welcome. | *Tea, coffee and friendly conversation provided.* | *We'd love to see you there!*