

Welcome

GOLDWYN SCHOOL
Aspire • Empower • Achieve

The kids who need the most love will ask for it in the most unloving ways.

Russell Barkley

Michelle Maddison
Emma Perry-Macleod

Friendly conversations that make a big difference!

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

Together, we support our young people to thrive.

Who am I?

Michelle
Mum
Training
Role

Who am I?

Emma
Mum
Training
Role

Purpose

TOGETHER WE BUILD A STRONGER SCHOOL COMMUNITY

TEA DOES THIS



L-THEANINE + CAFFEINE
Calm focus & alert mind



ANTIOXIDANTS
Protects the brain



LONG-TERM BENEFITS
Better brain health

CHAT DOES THIS



OXYTOCIN
Builds trust & connection



DOPAMINE
Feels good & rewarding

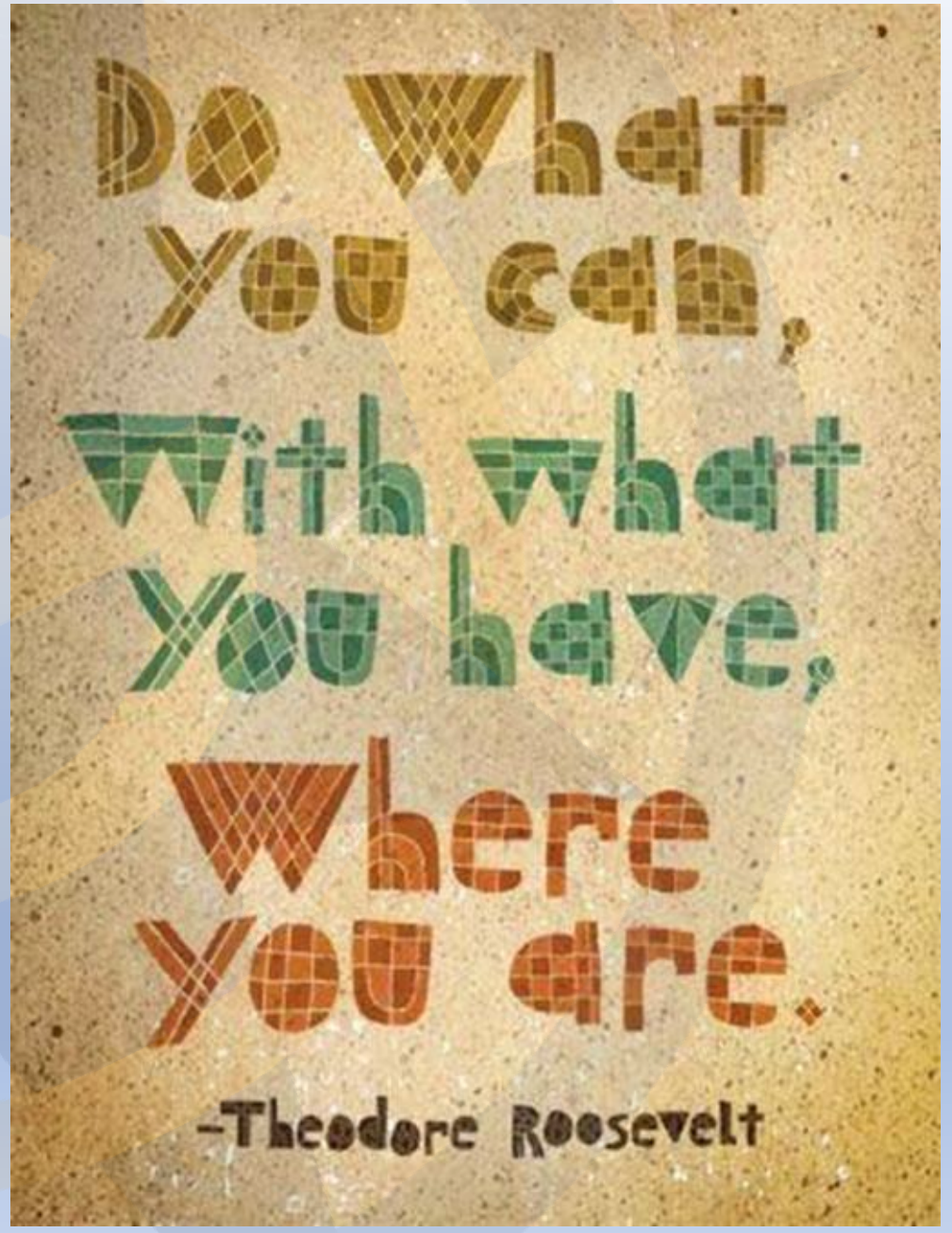


ENDORPHINS
Lowers stress & lifts mood

Data

"*Good enough parenting*" is a psychological concept pioneered by pediatrician Donald Winnicott. It suggests 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.

It's ok NOT to be ok!


Do what
you can,
With what
you have,
Where
you are.
-Theodore Roosevelt

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!



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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

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

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!*

What would you like included?