

Newsletter, 18.10.2023

As parents, we have to be ready for anything as we watch our children grow and develop. Pandemics can occur, war can break-out and unexpected challenges can sadly occur in family life. In such situations, we need to 'dig deep' and seek ways to support children and young people optimally. How do we do that?

Making Sense of the World Webinar

Watch this conversation, featuring child psychiatrist, Dr Dennis Ougrin and neuroscientist, Anna Tarasenko as they share 'tried and tested' strategies on how to talk to children about traumatic events. If you don't have time to watch, please read our essential [tips list](#).

My Coping Menu

When we feel strong emotions, such as sadness, anger, fear or anxiety, it's useful to have a [toolkit](#) of ideas that we know can help elevate our mood and help us cope better. Use our 'coping menu' as a springboard for family conversation and share what works for you. Encourage your children to reflect on activities and ideas that they can use to cope better in all aspects of their lives.

Making Sense of the Menopause: a Live Q&A

It is *World Menopause Day* today so tune into this informative [webinar](#) with Dr Barton, The Menopause Medic, who talks us through how the menopause affects women and the wider family! She answers questions, separates fact from fiction and talks listeners through available treatment options.

School Holiday Planner

If anyone has a school break coming up or simply needs help thinking about how to spend time with one's children, enjoy our [template](#) that can help you navigate best use of time!

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





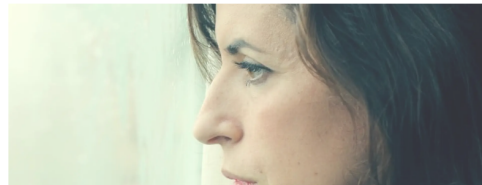
Making Sense of the World



Talking to Children about
Traumatic Events in the
World



My Coping Menu



Making Sense of the
Menopause



School Holiday Planner

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