

CHILDREN'S CENTRE PSYCHOLOGY NEWSLETTER: WINTER 2025



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Staffing Update

"Hi everyone, I'm Ellie! I have joined the team as a new trainee Clinical Psychologist and I will be based in both Children's Centre Psychology and the Children and Adolescent Learning Disability Service. I was previously in the Adult Psychology speciality and I am excited to become a small part of this team and community over the next 6 months. Thank you already for the warm welcome!"



Children's Centre Psychology Workshops

We're excited to continue our virtual workshops for parents/carers of children with additional needs! Over the coming months, we'll be offering the sessions listed below. To book your place or join our workshop mailing list, simply scan or click the QR code. In-person workshops are coming soon! Sign up to our mailing list to stay up to date with the latest events.

 Supporting Anxiety in Children Monday 2nd February
10am-12noon

 Introduction to Sleep Monday 2nd March
10am-12 noon

 Transitions and Separations TBC

 Exploring Behaviours That
Can Challenge Monday 19th January
10am - 12noon



 Supporting Communication
Workshop Wednesday 25th February
10am-12noon



Preparing and Supporting
Through puberty

Monday 1st June
10am-12noon

Recorded Workshops

We are pleased to let you know that you can now access some of our main workshops on YouTube. Links are below.

Exploring Behaviour That Can Challenge: <https://youtu.be/KXfMgk-sL4k>

Supporting Anxiety in Children: <https://youtu.be/nH-YXw42WYE>

Introduction to Sleep: <https://youtu.be/YoM9LKSmrZ8>

If you view the workshops in this format, please complete the feedback form, (see QR code at the end of the workshop) as we really value your comments as it helps us to adapt our offers and create new opportunities for support.

Join Our Parent Participation Panel

K.I.S.S. – Knowledge, Information, Signposting & Support

In Children's Centre Psychology, we value working together as a community. We want to offer you the chance to have a greater voice in our service.

What is K.I.S.S.?

Our Parent Participation Panel provides opportunities to:

Contribute to service development ~ Help create resources ~ Participate in specific projects

We will be holding a meeting soon for anyone interested in learning more about K.I.S.S. and how you can get involved. We also want to say a big thank you to those who have already reached out, we haven't forgotten you! If you'd like to get involved or learn more, please email us at ABB.HelpingHandsTeam@wales.nhs.uk, and someone from the team will contact you to discuss further.

For more information about us and all that we offer please take a look at our Padlet. You can access the Padlet by scanning the QR code below.

We host all of our toolkits, leaflets and flyers, newsletters and other useful resources and information for families on our Padlet. It is quite accessible and all the resources hosted there are free and easy to download. We hope this will enable families to have much more accessible and relevant information available to them when they need it.



Children's Centre
Psychology Padlet

Toolkits

As part of our Children's Centre Psychology Helping Hands Outreach we also offer a range of toolkits. Topics include:

- Building resilience
- Emotional Wellbeing
- Separation Anxiety
- Friendships
- Promoting Sleep in Children
- Supporting Anxious Children
- Supporting Siblings
- Supporting Your Child's Transition
- Understanding Behaviour



If you would like to access any of these toolkits please scan the QR code to be taken to the Toolkits Padlet, which is also available from the main CCP Padlet, where you can download any of the toolkits.

Upcoming Awareness Days/Weeks

World Down Syndrome Day

On the 21st March we celebrate World Down Syndrome Day to raise awareness and to celebrate people everywhere with an extra 21st chromosome! The date being the 21st day of the 3rd month was chosen to represent the triplication (trisomy) of the 21st chromosome.

Children's Mental Health Week

Children's Mental Health Week 2026 will take place from 9-15 February 2026. The theme for Children's Mental Health Week 2026 is 'This is My Place', and the aim is to support the systems around children and young people to help them feel they belong.

New Year, New Beginnings

The New Year is a great opportunity to pause, reflect, and look forward. January doesn't need to be about big resolutions, it can be about creating moments that matter and building routines that feel useful and supportive for your family.

Children thrive on predictability, and after the Christmas holidays, returning to familiar patterns can help everyone feel more settled. Think of January as a gentle restart rather than a race to change everything. Instead of a long list of goals, pick one small change that feels achievable. Remember that every step forward counts. A smile, a calm moment, or a completed task is worth celebrating. Try to focus on what brings comfort and happiness, whether it's a cosy story time, a walk in the fresh air, or a fun sensory activity. Little moments can make a big difference.

Here are a few ideas you could try this January (please adapt them in any way that works for your family):

One Word for the Year

Choose a word that feels positive for your family, like Calm, Joy, or Together. Write or draw it and place it somewhere visible as a gentle reminder.



New Year Memory Box

Decorate a box and add notes or drawings of happy moments throughout January. At the end of the month, look back and celebrate those small wins.



Photo of the Day

Take one photo each day of something that made you smile. It could be a favourite toy, a cosy corner, or a shared laugh.



Gratitude Together

At bedtime or mealtime, share one thing you enjoyed today. Keep it simple: "I liked listening to music" or "I liked my lunch."



Calm Start Routine

Create a short, predictable morning routine, maybe a favourite song, a cuddle, or a sensory activity, to help everyone feel secure.

We would like to share with you a mindful breathing exercise. Mindful breathing strategies can help you to feel calmer and more relaxed when you are beginning to feel strong emotions such as worry, anger, and excitement.

Here is a simple winter themed idea that can be tried wherever you are.

Imagine a Snowflake

Picture a gentle snowflake floating down from the sky.



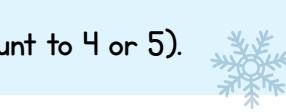
Breathe In Slowly

Take a slow breath in as the snowflake falls softly to the ground (count to 3 or 4).



Pause

Hold your breath for a moment as the snowflake rests.



Breathe Out Slowly

Melt the snowflake away with a gentle breath out (count to 4 or 5).

Cosy Colouring

Taking time out for yourself is really important. For this activity, we're encouraging you to pause and enjoy a mindful moment with these winter-themed colouring designs.

