



B.E.A.M.

Parent and Carer Support Session

Tuesday 22nd March, 2023 St Joseph's R.C. Primary School



beaconservices.org.uk

What Do You Hope For Your Child?



Introduce the prowling tiger... What has this got to do with what we are here for?

If you were to meet this tiger, what would you do?

What would your child/ren do?

Talk through Fight, Flight, Freeze.



HAND MODEL OF THE BRAIN FOR KIDS

WITH JEANETTE YOFFE

What Is B.E.A.M. Helping To Enable At St Joseph's?

As A **WHOLE** School Intervention it *helps in...*

- Providing the relational foundation children need to engage in learning and achieve their potential
- Exploring Attachment Theory to understand what children have learnt about relationships before starting school
- Focussing particularly on children who have (and may still be) experiencing trauma, loss and separation so they develop lifelong skills for mental and emotional wellbeing
- Building understanding of children's needs and a toolkit for staff to meet them
- Providing some strategies for the classroom that build resilience including Theraplay®

The Basic Premise Of Attachment

The roots to trust and good self-esteem lie in relationships developed in the early years.

For one reason or another, the development of positive relationships in families can be hampered, - limited by social factors.

Playful and responsive care are the essential ingredients for a secure attachment and positive views of oneself and others.

How are you feeling?

SAFE
CONTENT?
CONFIDENT?
COMFORTABLE?

STRUGGLING
ANGRY?
UNCOMFORTABLE?
FRUSTRATED?

DROWNING
ALONE?
EMPTY?
INVISIBLE?





The Shield Against Shame

Blame

“It was his fault!”

Deny

“I never did anything!”



Minimise

“He wasn’t really hurt”

Rage

“You always blame me for everything!!!”

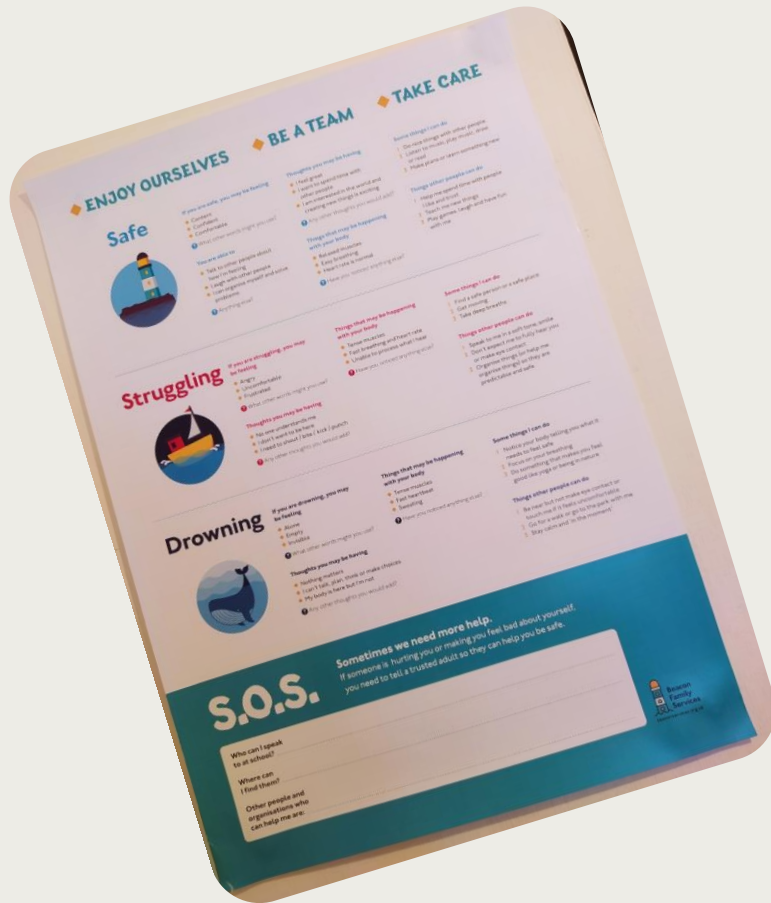
Dan Hughes’ Shield of Shame.



<https://www.youtube.com/watch?v=wU4DgHHwVCc>

B.E.A.M.

Training; Resources; Teaching; Listening; Growing Together



S.O.S.

S.O.S.
Sometimes we need more help.

If someone is hurting you or making you feel bad about yourself, you need to tell a trusted adult so they can help you be safe.

My trusted adults are:

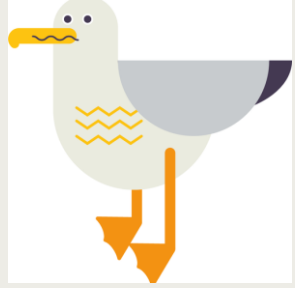
Who can I speak to at school?

Where can I find them?

Other people and organisations who can help me are:

Childline
www.childline.org.uk
0800 1111

PACE – A way of being in the classroom



What attitude helps us connect best with a child?

- Playfulness
- Acceptance
- Curiosity
- Empathy



Playful

The sharing of joy within play leads to optimal levels of 'happy' chemicals that flood the brain giving a sense of joy and energy.

Play can also develop affective synchrony and enhance the development of these synapses in the brain.

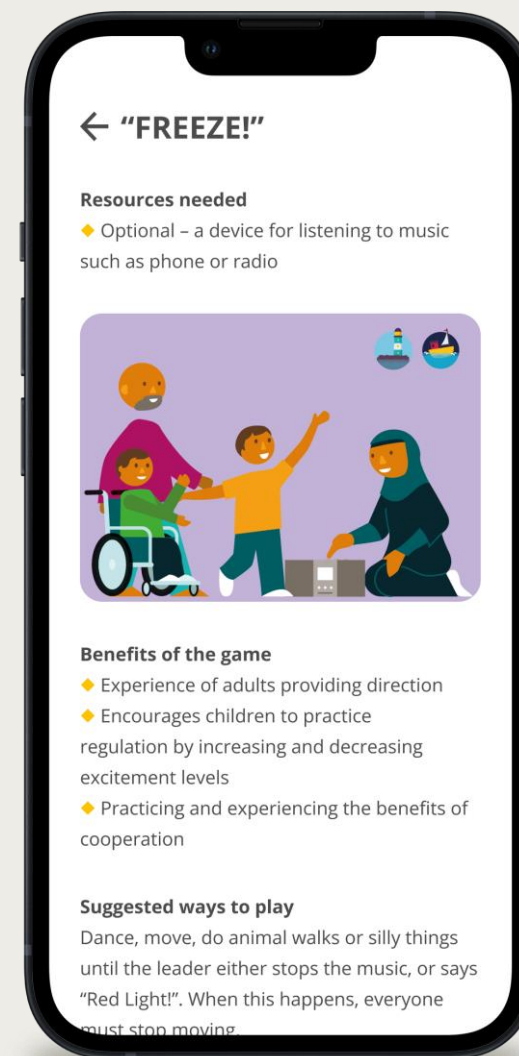
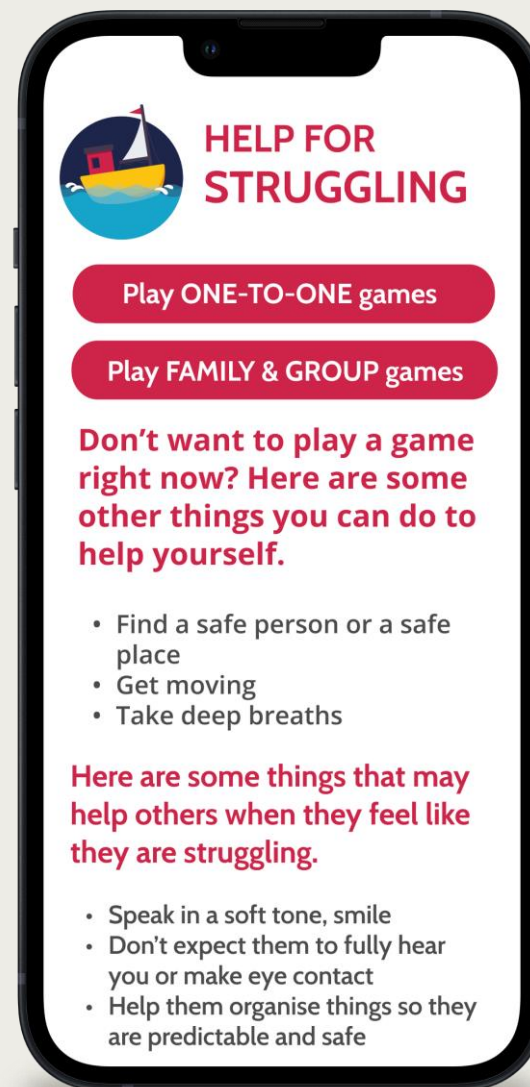
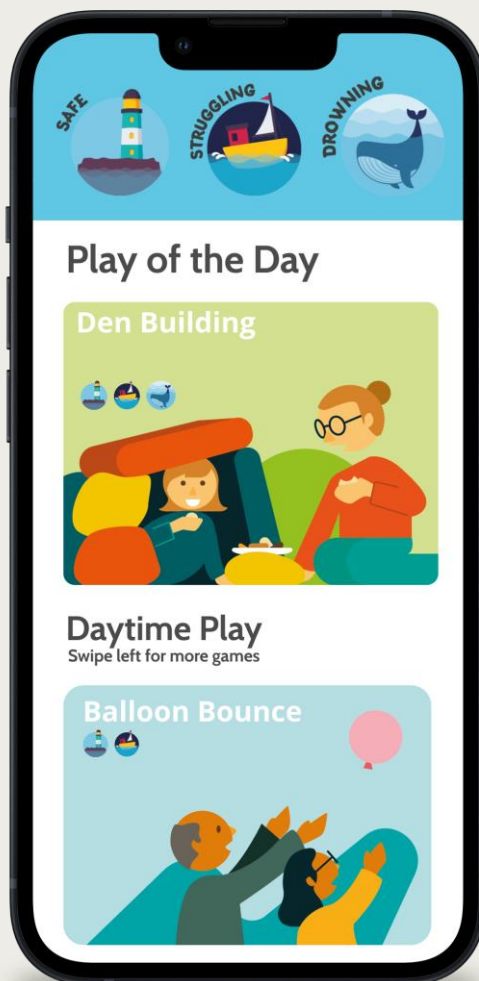
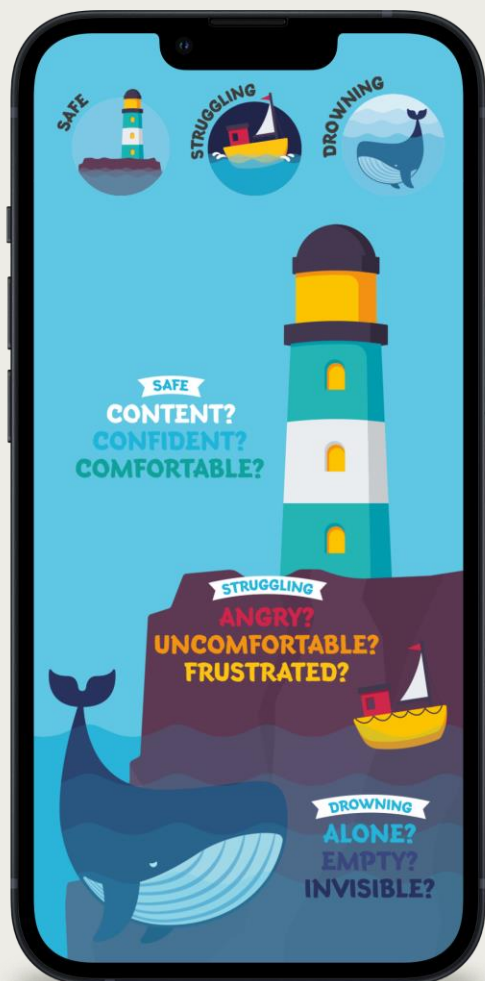


Theraplay Framework

Theraplay interactions focus on four essential dimensions of parent-child relationships:

- Structure
- Engagement
- Challenge
- Nurture

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