



New beginnings and me

Information for parents and carers

Hamish & Milo is a programme which gives children the opportunity to be involved in a range of activities about a particular theme of emotional wellbeing as part of a small group. We are delighted to be able to welcome your child to the group.

In this theme, we look at change and transitions and how they can affect us. Throughout our lives, we all encounter changes and these can be exciting and hopeful or scary, unfamiliar and uncertain.

Even what we might consider to be small changes can be difficult to manage and endings can be hard for children too. Changing class or school are natural milestones but these changes can feel big and overwhelming for children sometimes.

They need reassurance and a carefully planned transition phase to help them understand what is happening and to be able to prepare for what is new.

Changes happen throughout our lives, not only at school, but at home as well. Having an awareness of the different feelings we might experience as well as ways to manage change is important as we take steps forward into new adventures and opportunities.

Helping your child

We understand that children can struggle with change because it feels unfamiliar and new. As parents and carers, we do our best to reassure them and prepare them for changes and new opportunities. But sometimes changes happen that are sudden or unwanted and this can be more difficult to manage.

We recognise that children sometimes need support to feel able to take the steps forward towards a new situation and that talking to them, reassuring and helping them plan and prepare for new situations can make all the difference.

We aim to work alongside you. We know that you know your child best and can recognise what they may be finding difficult to manage.

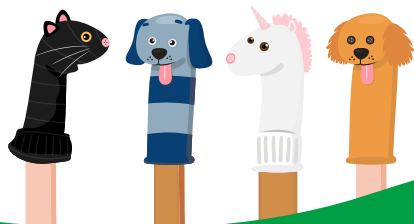
Ask them about the activities and what they have been involved in and encourage them to share their ideas with you!

We are keen to hear your thoughts so that together we can best support your child.



Some suggestions

- ✓ Reassure and empathise with the worries they may have.
- ✓ Highlight what is staying the same as well as what is changing.
- ✓ Give factual, clear information.
- ✓ Have a plan that helps them prepare and where they can count down stages.
- ✓ Use a calendar to cross off days as a visual countdown.
- ✓ Try to keep to routines.
- ✓ Comfort as much as you can and are probably already doing.
- ✓ Mark the ending as a way to close one chapter and step into the new.
- ✓ Talk about opportunities and hopeful outcomes.
- ✓ Try to find things to look forward to and build a positive energy of anticipation.



As part of the 'New beginnings and me' group, your child will be involved in 10 weekly sessions.

These sessions will help them to talk about and understand some of the feelings associated with change. We will look at some of the reasons behind the feelings and ways to help regulate and manage change, as well as celebrating endings and creating hopes for new opportunities.

Sock puppets

An expressive, interactive and hands-on way to engage

For each of the sessions, we use sock puppets to help the children talk about and share their feelings. Your child will make their own sock puppet to use in each session as part of this group.

You may like to make one at home too as a way of helping your child to talk about their feelings or just for fun! Sometimes it's easier for them to tell you what they're thinking about through describing the puppet's feelings or situations.



The children will also receive their own journal to reflect on the sessions as they move through the programme, 'reward' stickers and a certificate!

Here we outline all the programme activities, along with suggestions of what you might like to do or say to support your child at home.

Session and overview	Ways to help
Session 1: Winds of change A look at different changes we may experience.	Talk to your child about the changes they have experienced. What has been hard or easy?
Session 2: Tornado of feelings Understanding the range of changing feelings we can experience.	Help your child to put words to sensations as well as feelings, for example, excited, worried, nervous, fizzy, bubbly, flutters in tummy etc.
Session 3: Hopes and fears A discussion about different fears and hopes for a current situation.	Help your child to recognise that we can feel conflicting feelings at the same time and how important it is to talk about them.
Session 4: Fears and worries inside my brain A look at how the brain works and processes emotions connected to change.	Ask your child to explain what they know about how the brain works and how it triggers fight, flight or freeze behaviours to protect us.
Session 5: Overflowing jugs A look at how we can tip over the edge if we are full with lots of feelings and what we may need to help us.	Talk about what helps your child to manage difficult feelings and how can they take care of themselves, e.g. diet, exercise, hobbies, friends and family.
Session 6: Cycles for change Looking at a way of planning for a change through different stages.	Talk about a plan they might make to manage a forthcoming change. For example, visiting a new school, practising the bus route etc.
Session 7: My support circle A look at who the people are that support and care for us.	Who are the friends, family members and key people that form your child's network of support? See if your child can talk to you about who is in their circle.
Session 8: Accepting change How endings lead to new opportunities and creating clay sculptures.	See if your child can share their sculpture and talk about how they understand the importance of marking endings as part of change.
Session 9: Goodbyes, hellos and new beginnings A hopeful look at how when something ends, something new is just beginning.	Talk about previous endings your child has had and how they have managed them. What change has been hopeful or offered something positive for them?
Session 10: Memories and celebrations - flying high Making kites to celebrate an ending and to look forward to the next adventure.	Ask your child to share what they are looking forward to or what their experience has been in the group.

If you feel concerned about your child's wellbeing, talk to someone at school so that you can share ideas.



Sensation & Emotion Cards

These cards are a great way to help children put language to sensations and emotions, to help regulate their feelings and increase self-confidence. Our unique cards consist of 60 different emotions, guidance and 20 activities.



Hamish & Milo Pals

Our Hamish and Milo Pals are precious cuddly friends that help children to feel comforted, cared about and listened to. Perfect to snuggle and they are great fun too.

Find out more at hamishandmilo.org

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