



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 are focusing on how we develop an internal strength and belief in ourselves and the resilience to overcome challenges, obstacles and adversity to enable us to thrive throughout life.

We know that children need to be inspired, encouraged and reassured by the belief of those who matter to them so that they can overcome challenges, give something another go, reach for their dreams and realise their goals.

We need to help them recognise too that self-awareness is part of resilience. It's knowing what we're feeling and what has happened to us, so that we allow ourselves to recognise, accept and know our feelings without blocking, denying or suppressing any emotion that is too difficult to bear. Then with this awareness, resilience is the courage to step forwards again and take the next steps along our journey with care, bravery and conviction.

Helping your child

We understand that children can struggle if they find things difficult and lack confidence to try again. They need our reassurance and encouragement to have another go and to be resilient. We know too that parents often try to reassure, encourage and enable children to try and step out of their comfort zone and how important this is. We encourage you to do this as much as you can.

We need to help them acknowledge difficult and painful experiences with empathy and validation and then encourage them to use their inner strength

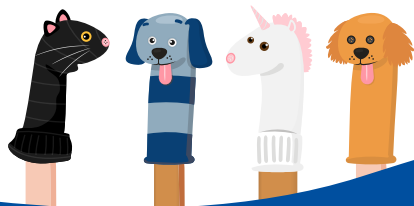
to take the next step forward. We need to help them experience and survive feelings of frustration or disappointment. Suggestions to help include:

- ✓ Keep encouraging them and praise their efforts.
- ✓ Model making mistakes so that they see this is okay and part of learning.
- ✓ Have a 'let's do it together' approach, so they don't feel on their own.
- ✓ Practise problem-solving and set small, achievable goals.



When children experience difficult situations, they can sometimes block out their feelings and seem okay. We can think they are being resilient and strong, but it is important for us to help them recognise these feelings.

They need our help to let go of difficult feelings rather than them becoming stuck inside. Children need us to reassure them and to give them permission to feel frustrated, angry, disappointed or upset.



We aim to work alongside you. We recognise that you know your children best and can often tell if they are unhappy or have difficult feelings beneath the surface, even if they look like they are managing situations. We are keen to hear your thoughts so that together we can best support your child.

We encourage you to talk with your child about their experiences of being in the group and learning about resilience and what this looks like for them. Ask them about the activities and what they have been involved in and encourage them to share their ideas with you!

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!

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

These sessions will help them to recognise their strengths, talents and aspirations, understand some of the feelings they might have when they face obstacles or adversity and learn problem-solving skills to develop their resilience.



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: Recognising my strengths and talents A celebration of their qualities and abilities.	Ask your child to share the ideas they had in celebrating their strengths and talents.
Session 2: Resilient me A look at what it means to be resilient and to begin to explore how they manage situations they find difficult.	Think together about times when things have been hard and they have needed to persevere or have another go at something. How do you help them?
Session 3: Obstacles and aspirations! A look at overcoming obstacles and how to use our inner strength.	Help your child to recognise and name the skills they have in overcoming adversity.
Session 4: Stepping stones A look at problem-solving skills and team-work to overcome challenges.	Try a challenge together e.g. build a Lego tower one-handed and notice how you communicate and manage difficulties.
Session 5: Rocket to the stars A look at the steps they may need to take to reach a goal.	Your child may like to create a rocket display to put on the wall at home, showing the steps to achieving a goal or aspiration.
Session 6: Resilience or blocked feelings? A look at how we can sometimes mask our real feelings and look okay.	Discuss who your child can talk to within the family and school to share difficult feelings.
Session 7: Maggots and sunflowers What helps us thrive and how can we empower our self-belief when we feel challenged or thwarted?	Talk together about who inspires your child. What else helps them to develop their inner strength?
Session 8: The biscuit challenge! How to decorate a biscuit as a three-handed challenge with a partner.	Think together about the communication and problem-solving skills your child has and how to develop them further.
Session 9: My inner strength and resilience Looking at our inner qualities through the representational wisdom of totem poles.	Talk to your child about the totem pole design they created and the inner strengths they have.
Session 10: Dream stones Exploring dreams and affirmations to strengthen resilience and achieve.	Talk together about aspirations, challenges and how to reach for a particular goal or dream.

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

© Hamish & Milo Ltd 2023. All Rights Reserved. Hamish & Milo is a trade mark.