



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL
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27 February 2024

Dear parents and carers,

Re: Keeping the Child in Mind Programme

At William Harding School we want to work with and support our families. We know that being a parent can be a fantastic experience, rewarding, amazing, stimulating, fun and so much more and in so many ways. We also understand that sometimes being a parent can be stressful, challenging and tiring. We understand that sometimes parents can feel very alone and not sure what they can do or where they can get help from.

Our FLO Team do not judge, they are always available to talk any queries or concerns you may have. They are available to offer advice or to signpost parents to organisations that may help.

Keeping the Child in Mind Programme

We are delighted to also share that two of our FLO Team have recently qualified to run Keeping the Child in Mind sessions. We are very lucky to have the ability to run our own support sessions.

The sessions help parents and carers work together in ways to support growing children and have a calm family life. These sessions are not about judgement or blame. They are not about telling people what to do. The programme is a safe place to talk with other parents or self-reflect on what we do, why we do it and how it makes us feel as a family.

There are 4 two hour sessions, one each week for four weeks. Parents would need to sign up to attend all 4 sessions. There will be a separate letter sharing times and dates.

Week 1 – self Awareness – managing feelings, nurturing ourselves, the role of the parent.

Week 2 – Appropriate expectations – setting expectations, communication and support

Week 3 – Boundaries and Positive Discipline – parenting styles, time to calm down, problem solving and negotiating

Week 4 – Empathy – choosing how to respond, empathy for adults and children

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.



Parents who have attended these sessions have said:

“I feel closer to my children as I can understand them now”

“I just feel I’m a lot calmer and clearer, and have a lot more resources to be thoughtful”

“Even if you only learn one thing, it will improve your relationship/home environment, making a more positive life for your children”

Look out for the letter with further details. Sessions will be starting after Easter.

Kind regards,

Mrs Skinner

Inclusion, Pastoral and Safeguarding Lead

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