

Time2Talk



Description:

Time2Talk is a 1:1 intervention whereby your child will have the opportunity to discuss things that may be worrying them with a familiar adult. This intervention can help children with anxieties or those who have experienced a particular trauma e.g. a bereavement or a significant change in their lives e.g. separation from a main carers through a divorce or separation. Being able to talk to someone other than a parent is sometimes very helpful for children. During these sessions, children are not questioned or quizzed it is simply a safe space where they can open up and discuss their worries through books, play, drawing and talking. It will always be done with your consent.

Intended Outcomes:

- An opportunity for your child to share their anxieties
- For your child to know there is a safe adult in school they can talk to and for them to build a relationship with their safe adult.
- For your child's anxieties or worries to reduce.

What can you do to help?

Look for clues in their play

- Children express themselves through play as well as words. You can learn a lot about how they're feeling by simply spending time with them and watching them play.
- Stressed and upset children often play fighting games with their toys. Comment on this by saying, "There are a lot of fights going on" or "It seems pretty frightening". This can help to get them talking about what's bothering them.
- Even if you don't start a conversation, you'll be making the child feel more comfortable with you, paving the way for them to open up to you about their problems.
- If you can get them talking, gently ask what's wrong. But if the child doesn't want to open up, let the subject go, then repeat the process at another time until they're ready to tell you what's bothering them.

If a child is aggressive or misbehaving

- If a child is fighting or being aggressive, they're doing it for a good reason, and talking may help you discover the reason.
- Start by telling your child that their bad behaviour is unacceptable and why – for example, because it will harm other people. Then offer them the chance to talk about why they're angry.
- This might not work instantly because an angry child might not listen to you straight away. Don't give up. Children are aware when they're behaving badly, and it's important to find out the reasons why.

If your child is grieving

- Young child may not understand what death means. It helps to explain it by saying, "Nana's died. She's not going to be with us any more".
- Watch children carefully if someone close to them has died. If they seem tearful or withdrawn, encourage them to open up about how they're feeling by talking about the person who's died.
- You could say something like, "It's very sad that Nana has died" or "I feel sad that Nana has died, and sometimes it's hard to understand why people die".

If you're still worried about your child

- If you're still concerned about your child after talking to them, see your GP for further advice.