

# Parent's Newsletter

December 2020

## Attachment theory

One of the terms you may hear a lot in relation to children's mental wellbeing is attachment.

Attachment theory looks at the relationship between humans and particularly the bond between young children and their care givers. There are many things that can affect this bond and if a child experiences these in their early life, their behaviour may change in order for them to feel safe. These experiences can be things such as those we would find hard to manage such as bereavements or things as simple as struggling to wean. They may do things to try and gain control of situations which can be seen as acting 'naughty', they may become 'clingy' or anxious or they may struggle with identifying and managing their own emotions.

You can support your child with this by helping them build a "secure base". This is where adults around the young person create an environment where they feel safe and loved unconditionally. This reduces anxiety and builds feelings of security, confidence and resilience in the young person.

Attachment can be quite a complex subject and often needs support of professionals to help understand what is going on and to put plans in place which can help create the secure base. If you would like more information about attachment, or feel this is something you need support with, please speak with support staff in school. You can also access free training courses through Doncaster Council through this link <https://www.doncaster.gov.uk/services/schools/parenting-programmes> or you can contact The MAAP (Multi Agency access point) on 01302 734110.



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.

Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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# Team Spotlight

After a case is picked up either in school or through our Single Point of Access, we would spend some time finding out more about what is happening for the young person and why they may be feeling like they do. We then have different options for support depending on their needs. This month we are going to explore a little about one of the therapy pathways within CAMHS – the Family Therapy team, sometimes called Systemic Family Therapy.

## Systemic Family Team

When one member of a family has a difficulty, it tends to impact on everyone in the family. Often solving a problem or difficulty for a child or young person requires support from family members. Family therapy helps families work together to improve relationships and to support each other in finding solutions to problems resulting from mental health difficulties.

Referrals to Family Therapy would come after initial support from the teams in schools and when this support hasn't been enough to improve the mental wellbeing of the child.

## Attachment

There are many ways we promote the bonds between young people and the adults around them.

Two of the key areas of attachment theory are making sure the child feels heard and positive touch/physical contact (like a hug or holding hands). These let the young person know that we are really present, listening to them and that they are important enough to hold our full attention. Often as adults we can, without realising, dismiss what children are telling us by trying to make them feel better or by trying to solve their problems for them, rather than truly listening to and understanding what they are telling us.



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Why not try some of these bond building activities over the festive holidays...

*Just remember that you all have to agree and be happy with each activity. It should be a joint choice or compromise.*



Watch a Christmas movie together



Cook your favourite family meal together



Make paper snowflakes by folding paper and cutting out small sections



Go for walk and collect pine cones and holly and evergreen leaves. Stick them on a cardboard ring to make your own Christmas Wreath



Make a Christmas card to send to each other



Decorate your Christmas Tree together



Bake some Christmas cookies – we have included a recipe on the next page for you to try



# Merry Christmas



We would like to wish you all a very Merry Christmas and a Happy New Year from everyone at CAMHS and With Me in Mind.

## Gingerbread Cookies

Preparation time: 30 mins to 1 hour  
Cooking time: 10 to 30 mins

Makes 20

### Ingredients

350g/12oz plain flour, plus extra for rolling out

1 tsp bicarbonate of soda

2 tsp ground ginger

1 tsp ground cinnamon

125g/4½oz butter

175g/6oz light soft brown sugar

1 free-range egg

4 tbsp golden syrup



### To decorate

Writing icing, cake decoration or sweets (optional)

### Method

Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.

Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.

Preheat the oven to 180C/160C Fan/Gas 4. Line two baking trays with greaseproof paper.

Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.

Bake for 12–15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing, decorations or sweets you have at hand.

If you enjoyed making gingerbread cookies and fancy something a little more challenging, why not have a go at these Christmas cupcakes. They even have a template to design your own paper cases.

Just follow this link for the details...

<https://www.bbcgoodfood.com/recipes/elf-santa-cupcakes>

