

How does ELSA work?

If you have any concerns about your child's emotional wellbeing, please speak our SENCO Mrs Fielder who will be able to offer advice and assistance in the first instance.

Supporting not fixing

ELSA's job is to support the children not to fix their problems, to provide them with the skills they need which can then be transferred into their school and home life. It also needs to be recognised that change cannot necessarily be achieved rapidly and is dependent upon the complexity of the presenting difficulties.

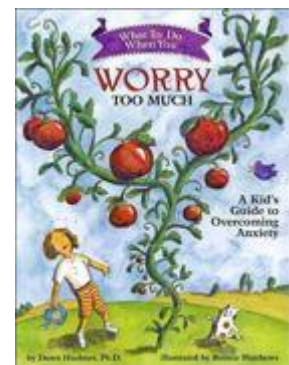
Self help

Please find below some useful links and suggested books to help your child's emotional wellbeing

Do you have an anxious child?

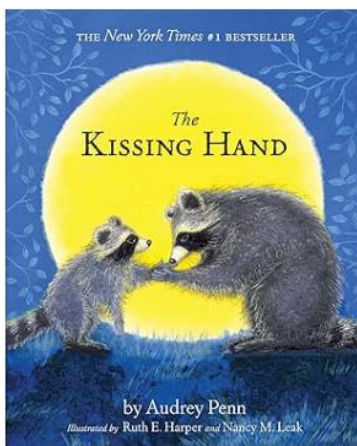
A useful link for guidance on helping your child overcome anxiety <https://copingskillsforkids.com/calming-anxiety>

What to do when you worry too much (By Dawn Huebner)
- An interactive self-help book which empowers children to work towards change.



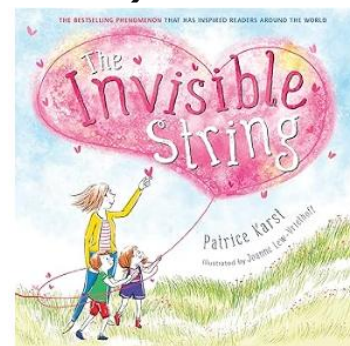
Ruby's Worry (Tom Percival) - a lovely story which explains how worries can grow if we don't share them. It's true that a "worry shared is a worry halved"!

Separation anxiety



The Invisible String (Patrice Karst)

To help build self-esteem and healthy relationships, and to celebrate the power of love.



The Kissing hand (Audrey Penn)

A lovely coping strategy for separation anxiety.

Feelings

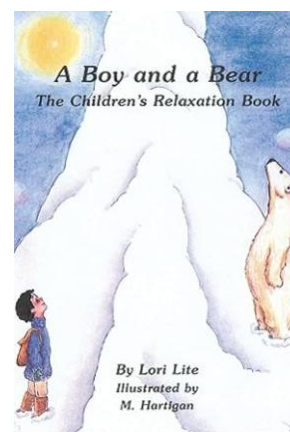


The Colour Monster (Anna Llenas)

An exploration of colour and emotion

A Boy and a Bear: The Children's Relaxation Book

A book about relaxation and coping strategies.



Anger is not a negative emotion we just need to tame it!

Help with those "hot feelings" - some tips and information about managing anger in children



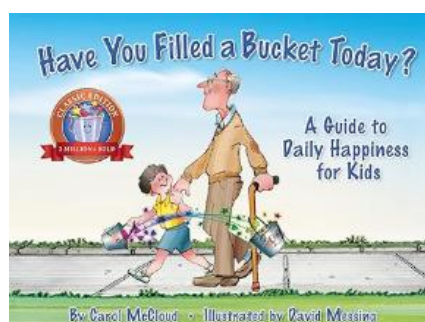
Ravi's Roar (Tom Percival) - Most of the time Ravi can control his temper but, one day, he lets out the tiger within. Being a tiger is great fun at first - tigers can do ANYTHING they want! But who wants to play with a growling, roaring, noisy, wild tiger who won't share or play nicely? Ravi is about to discover something very important about expressing his feelings and making amends.

Self Esteem

Is your child having problems with self-esteem? This link gives some useful advice to parents

<http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

Sully the Sea Horse (Natalie Pritchard) - A heart-warming, beautifully illustrated rhyming picture book which encourages children to believe in themselves and to be proud of who they are.

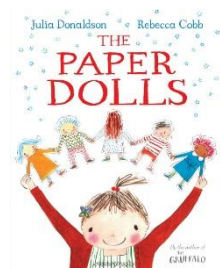


Have You Filled a Bucket Today? (Carol McCloud) A Guide to Daily Happiness for Kids: A Guide to Daily Happiness

Bereavement

Supporting bereaved children and young people <http://childbereavementuk.org>

Muddles, puddles and sunshine (Diana Crossley) - This book offers practical and sensitive support for bereaved children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear.



The Paper Dolls is a stunning, lyrical story of childhood, memory and the power of imagination, from Julia Donaldson.

[The Bear shaped hole \(John Dougherty\)](#)

This is a gifted book sent by the publisher which is fantastic and it focuses on supporting a child who knows someone who is dying.

