

Kooth Engagement Lead Newsletter

We are still here

Welcome to our last newsletter of the year! Over the Christmas period our team are still here to support your young people.

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Chat opening hours (Christmas and New Year period)

Saturday 24th December Christmas Eve 4pm-8pm	Sunday 25th December Christmas Day 4pm-8pm	Monday 26th December Boxing Day 4pm-8pm	Tuesday 27th December Bank Holiday 4pm-8pm
Saturday 31st December New Years Eve 4pm-8pm	Sunday 1st January New Years Day 4pm-8pm	Monday 2nd January Bank Holiday 4pm-8pm	

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The theme of the month

We are still here throughout December for young people to access support from our team.

The website is open 24/7 so young people are still able to read the magazine, complete the activities and talk to their peers and take part in our live forums. Everything stays the same other than our chat times.

[Visit Our Promotion Hub Here](#)



What's on in December!

Support and materials for schools

Please see below all of the resources that are available over the December and Christmas period.

Please see below some resources for you to share to raise awareness of the free, safe and anonymous support available to your students and young people. You can find more resources, including digital assets to share on your social media pages at promote.kooth.com



The graphic features the Kooth logo in the top left corner. The title 'What's on Kooth in December' is centered at the top. Below the title, there are six event cards arranged in two columns and three rows. Each card has a purple header with the date, a white body with the event title and time, and a purple footer with the time. The background is a gradient of blue and purple with white snowflake icons.

Event Date	Event Title	Time
Tuesday 6th December	Discussion Board Coping with Grief during the festive period	
Tuesday 13th December	Discussion Board Coping with eating difficulties during the festive period	
Wednesday 14th December	Live Forum Top Tips- For budgeting this season	7.30pm - 9pm
Monday 19th December	Live Forum Let's Talk: Loneliness	7.30pm - 9pm
Wednesday 28th December	Live Forum Social Takeover- End of Year Party	7.30pm - 9pm
Friday 30th December	Discussion Board End of year reflections	

[Support for young people](#)

Winter Wellbeing for young people 12th December 9.30am

[Winter wellbeing session for young people](#)

Kooth and Help for Heroes announced a new partnership with coverage in Charity Today

[Read here](#)

Support for parents and carers

Please share these information documents with parents and carers.

Frequently asked questions

Mini activities brochure

Parents and carers brochure

Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?



Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Practice asking open questions (rather than closed ones)

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Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into qwell.io

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.



Kooth webinars for Parents and Carers in December

Please use the Eventbrite booking form to register for this webinar on the 6/12/22 from 6-7pm [Here](#)

Get in touch with us

Engagement Lead: Heather Hook

To book a session with us or request resources, email kel@kooth.com