

Monday 5th December 2022

Dear Parents and Carers,

You are warmly invited to our next Family Workshop:

Wellbeing and Cost-of-Living Challenges: Family Workshop with Dr Natalie Bailey
Tuesday 13th December – 9am in the Community Room

Dr Natalie Bailey will share advice on how to talk to children about the cost-of-living crisis as well as providing a forum for questions and mutual support.

In the session, she will share information about:

- Managing emotions as adults
- Teaching children about budgeting
- Reassuring children when they have questions
- Talking honestly with children in an age-appropriate way
- Providing children with feelings of safety and security
- Where to access further support for families facing financial challenges
- How to practise self-care as parents and carers

Dr Natalie brings a wealth of experience to our community. This is also a valuable opportunity to find out more about how she supports the WAMHs (Wellbeing and Mental Health) project at Springfield.

Please do not hesitate to be in touch via admin@springfield.hackney.sch.uk or 0208 800 9007 to seek support or ask questions in the meantime.

Best wishes,

Maudie Wyatt
Deputy Headteacher