

1st TEAMS Counselling Workshop with parents

June 03, 2020

As part of our plan to support students and families during distance learning, we have created an online parent clinic as we believe it is important to keep communication open to families.

We had our first meeting through TEAMS last Wednesday on 3rd June and we invited Dr. Mahra Al Malek (Director of Cambridge Centre) as a guest speaker. She covered a range of topics to support families and students during this critical time. Also, parents have been given opportunities to ask questions.

Here are some of the tips shared by Dr. Mahra during the session:

- Establish healthy routines that includes consistent wake-up, schoolwork, play and family times.
- Parents to make sure that they are engaged with their children as possible as they can at home.
- Make an effort to bring a positive attitude to your house and practice empathy and understanding.
- Share your feelings of distress with people you trust and seek professional help if needed.
- Focus on your physical body, engage your children in activities that help them self-regulate (e.g., exercise, deep breathing, or meditation)



- Stay connected with your beloved ones, social distancing should not mean social isolation.

I would like to thank all parents who joined us in the meeting and participated effectively in the discussion.

Looking forward to meeting you in our next meeting.

Stay Safe, Stay Calm