



Hi! We are Gabrielle and Celia

We work for *With Kids* and we are excited to be working with the families at your school to create the **Braidburn Family Network**. We will be supporting Braidburn families offering help, support and advice to parents and carers. We will be available to families on Mondays, Tuesday, Thursdays and Fridays. Currently we are not able to physically be at the school but we will be there to connect through email, phone calls, text and zoom calls. We have backgrounds in child therapy and play and we are excited to learn about how we can support the families of Braidburn to feel connected, supported and included in the school community.

Our main goal for the next couple of months is to talk to as many of the Braidburn families as we can to find out what it is that you would like from us. Some of the things that we have been thinking about include ways to bring families together to share and learn from each other and to feel connected and supported as Braidburn families.

Here are a few of the ideas we have about some of the kinds of things the Braidburn Family Network might be able to offer:

- Ideas for helping families use art, play and creativity to connect and express their feelings and experiences
- Support exploring ways to help with behavioural and/or learning difficulties
- Ways to connect with children playfully and build trust and connection, for example Story massage training and support using other techniques which support children to connect and to relax
- Support for parents and carers to relax through practicing guided meditation and mindfulness techniques
- Sharing ideas for activities which help children relax at home such as creating self care kits
- Supporting families to transition back to school after COVID19
- Support in accessing services
- Help finding further organisation and supports
- Ways to support parents and carers to feel good about their emotional wellbeing

- AND ANY OTHER IDEAS YOU HAVE!

We will be creating a survey and we will send out different ways for you and your family to tell us what you would like the **Braidburn Family Network** to look like. Please keep an eye out for contact from us about what we are doing around the school and how you can take part.

We would love to hear from you and find out more about your family. We welcome contact from you and we will also be reaching out to introduce ourselves and get to know you.

We are so happy to meet you and look forward to chatting!

All our best, Celia and Gabrielle

Celia Koukou

Mob: 07534 499 060

Email: c.koukou@withkids.org.uk

With Kids Main Edinburgh Office

Wester Hailes Healthy Living Centre 30 Harvesters
Way

Edinburgh EH14 3JF, 0131 453 9400



Gabrielle Podvoiskis

Mob: 07534 499 061

Email: g.podvoiskis@withkids.org.uk

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Way

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