



Thank you for speaking to us this morning, and for sharing the handbook. The list of links provided is extremely helpful and much appreciated. Your presentation and suggestions couldn't have come at a better time!

I really enjoyed it although my daughter is 20 years old!. Some of the tips are still valid for any age. Once again I thank you as the session was really interesting and you seem like an amazing woman – so well done on that.

I just wanted to say what a brilliant session this was.



Rachel gave insight in how to manage and understand emotions. Amazing to see the impact of emotional awareness and practical mindfulness has on mental wellbeing for both parents and children. I have received so many messages from parents and carers following this talk about how useful it has been. I am feeling motivated. A massive thank you for your time. Your delivery and knowledge is inspiring.



Thank you so much for the session just now.

We're already getting some fabulous feedback coming in!

I will definitely be in touch for other topics our working parents/carers want to explore.



As an Neurotypical parent to an Neurotypical child and one with Downs, this has been fantastic at helping me to feel I'm not alone - thank you so much - absolutely fantastic.



That was incredibly helpful. Thank you!! I'll certainly be recommending to colleagues.

Thank you, it has been reassuring to know that we're not a million miles away with what we've been doing.



Great advice on how many hours they actually do at school - and important of emotional IQ makes us feel less guilty and more relaxed - thank you

We are based in South Africa - reached the world!!

Many thanks from Dubai. I've received so many information today from you which can be applied on my children in both their education as well as their personal developments. In fact the whole session was really useful and informative to become a successful parent.



The communication session that you gave to us today was incredibly insightful, in ways it reassured me of the things that I am doing correctly and on the other hand you also showed me where and how I need to improve on the parts where I am not doing so right, hopefully I can improve, make changes and practise this going forward.



Huge thank you for a wonderful webinar. I personally got a lot out of it and we had run through the materials together! You are a very engaging and authentic presenter. Thank you so very much!



This has been the most helpful session/support I've accessed on this. I've been overwhelmed by the amount of "support" I've had to wade through to find what's relevant



Very informative session. Recommendations are useful for all staff, not just parents

Thank you for the session – really it made me feel like I can do this, and gave me a structure to work from. Facebook groups are great with ideas, but I was lacking a starting point which you delivered on.

Main takeaways – timer being set, 1 hour of learning for EYFS, 3 hours for KS2 (daughter in year 3, so took the lower of the band), creating a planner starting with meals and then overlaying meetings and going from there.

A quick response regarding the session earlier, it was very good. I sat on for the full hour. We need all the tips on maintaining emotional stability in the house that we can get at the moment. I have three children and am going to attempt to WFH in a full time capacity – so it's going to be challenging to say the least. Two are older but the youngest is five.

I made four pages of A5 notes. Drew the Circle of Control and made notes on the Tools for Keeping Calm. It was very good – the presenter was hugely knowledgeable and I felt like I trusted her.

Thanks for the invitation, probably one of the best webinar's on the subject that I've come across so far.

I am working from home at the moment and the children are still at school so my partner and I were able to have lunch and listen in to the session together which was great. We have 5 children aged from 5 – 18 and there was something of value in every slide. I particularly liked the quick references and reminders such as HEAT.

Many thanks for organising this, I found it very engaging and super informative. I have forwarded it to a few friends, I hope that's ok.

Thanks Rachel, for arranging today's session, I found it valuable and have shared this with my team.

Key takeaways for me:

- 1) Concept of HEAT
- 2) Remembering the emotional side of the situation e.g. make it fun, not just daily transactional drills of doing homework
- 3) Importance of routine, and scheduling – my children (ages 6 and 8) haven't been to school for 2 weeks and I've let them have 2 weeks of very unstructured hanging out!

Thank you very much for the helpful tips and guidance in your webinar last Friday. I found it very helpful especially as we all have less time at the moment and need to find a new way to handle suddenly all. It's not just the job and the kids, but also the teaching, housekeeping, cleaning and cooking... So many jobs that came up and that we need to handle with...



Listening to this is brilliant and really helpful. I have a teenage boy who is just so uninterested in his schoolwork. It is really hard trying to get him up in the morning let alone working and motivated.

I just want to say that this has been a really reassuring seminar. I have read a lot about the fact that we should be using this time to be with our children rather than homeschool them but this is hard when we also have to continue our day job. Thank you for the advice and reassurance that by making my kids sit at their desks I am not being a bad mum but keeping life real and structured.

Really helpful tips for next week as this week has not gone so well! :) We will now be sitting down together this weekend to share our ideas and put a schedule in place for next week. The boredom box is a great idea too. Thanks ever so much

Thanks Guys. Most helpful (even as a parent of older kids the advice for parents fits for the older ones too).

Fantastic presentation and content as always.

For me just hearing someone say don't be too hard on yourself and acknowledging that we still have to work was a relief!

That was fab thank you! Getting a few emails through, someone said it was inspirational!

I am an HRBP for Marsh and despite not having children myself, listened to the webinar so that I can support my colleagues that do. I thought it was really useful, succinct and had some great ideas. I'm going to send the recording to all the colleagues in my business areas with children and recommend strongly that they take time to listen to it.

I did find the whole session really useful, it certainly made me stop and think more objectively as everything has been overwrought with emotions over the last few weeks.

I particularly liked the suggestion to draw up a schedule for the day so everyone knows roughly where and when they need to be (within the house of course!). The stop, drop and breathe mantra was also an eye opener, as was not speaking to anyone HEAT.

I know I'm not alone but sometimes it feels like it so it's good to be reminded that we are only human (another key message for me!)



That was incredibly helpful and it's really helped me understand what more I can do to help my son. The last week has been an immense struggle but contacting the school to say we weren't coping and hearing your suggestions today, has really given me hope

Thank you - this has been so helpful. My daughter has selective mutism and is on a EHP and this is such a big learning process for both myself and my wife.

I have an ADHD child, and two others that are NT. Loved the concept of being the sun to all their different planets!

It feels very good to have the "stop the guilt" and "you're doing enough" message. We, as SEND parents DO have more to cope with, and additional stress and pressure. It's easy to forget that other people have different "normal" to us

Thank you so much that's been really useful - good to know I am not the only person struggling with these issues

The session was really valuable to me. There is a wealth of information on “how to homeschool/manage kids at home” and how trying it will be, but very little for/from those with additional needs. I suppose most of those parents are already run off their feet rather than planning the next instalment of a maths lesson using Pinterest!

I found the webinar incredibly helpful (and even got my husband to stop working and listen). We’ve been having a very difficult time with getting our 9-year old son with Aspergers to get the work the school is setting, done. I’d finally plucked up the courage to tell the school that we weren’t coping and then this webinar was the icing on the cake.

We took away so many ideas that we’re already putting into practice – having a daily schedule, supplies at hand and breaking out the chew and fidget toys – just for starters.

We’ve had a much more peaceful day today, with no tantrums.



This was absolutely fantastic; very grateful. There were a 12 and 14 yr old who were having a listen along with me, who also enjoyed. Stay well, and thank you from Toronto.

This has been phenomenal, thank you so much. Is it possible to receive the recording so I can share with my spouse?

Excellent class.

I think this has all be very helpful...I need to work on More empathy towards child's feeling especially since younger children don't have a true understanding of what's going on and the stress that their parents may be experiencing.

This was extremely helpful and I feel like I have some more direction. I have a 3 year old with autism and this has been very challenging.

You made me feel really good. Many of the items you've discussed, we have implemented! And I've taken away some thoughts/ideas that will help us progress. Thank-you.

Thank you so much. I really needed this!

You're amazing!

Thank you so much Rachel. This was a wonderful webinar and extremely informative.

Greetings from Los Angeles! Thank you for the wonderful webinar



Thanks a lot for the docs and for your very insightful talk today. I really appreciate your professional support in these challenging times.

An extremely interesting session.

I’m actually struggling working from home and so is my husband with my twin girls aged two. You sound amazing and an example to follow.

I found it very helpful and appreciate your time in creating such an amazing session with all you’ve been dealing with personally.

I joined by zoom your webinar yesterday and I found it very helpful and interesting.

I cannot think of anything to be included or added for the moment. I only have daughter r who is 12, so I really admire someone like you with 4 kids at home. I take my hat off !!

Thanks so much for your time – it was very informative especially as I am dealing with a little 9 year old dyslexic boy so I will really try to put into practice some of the suggestions you spoke about.



'Name it to tame it' works really well for us with our younger ones, this is a great piece of advice.

I loved the "check the heat" and rose and thorn, but I think the best takeaway was the info on the time expected for education and dropping the guilt as I'm sure we all worry we are getting it wrong before we pat ourselves on the back

All of this has been incredibly helpful for my two children, 2 and 4 years. Is there any chance we can have a copy of the slides or a takeaway summary

Very valuable advice for those parents who have age brackets they have not reached yet. Even in normal times !

I think I need to put these timetables in place with my partner as opposed to my child - who is only 11 months old. We are struggling to agree on who's holding the baby.

Thank you. Really interesting with a lot of useful idea.

I will make sure my kids read more, that's a great thing that can be done daily

A big Thank you - I found this very useful and encouraging that I'm doing the best for my child.