

# LOCKDOWN 3.0: MENTAL HEALTH CHILDREN



**EDUCATING  
MATTERS**

*"Parents are a child's first and most important teacher"*

## UNDERSTANDING MENTAL HEALTH IN CHILDREN

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Unquestionably many children have suffered hugely during the pandemic whilst it is also important to note that some have gained. Current research points to the fact that a lack of face to face schooling is likely to have affected children's cognitive, social and emotional development but most significantly their mental health. This talk will consider what mental health is for children and adolescents and when to consider and reach out for support. It will focus on their resilience and adaptability and also teach supportive and creative tools to support their mental health.

## SESSION OUTLINE

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- What to expect in terms of children's and teens mental health
- Supporting children's resilience and creative resourcefulness
- How a child's brain works during times of crisis and extreme stress
- How to develop your child's self-regulatory skills using a variety of psychological tools

## SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions

## HANNAH ABRAHAMS (SPEAKER)

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Trained as a primary school teacher and subsequently a Child and Educational Psychologist at the Institute of Education in London, Hannah works in both the state and private sector. She has worked in significant trauma and crises including supporting families and children directly affected by the Grenfell Tower Disaster. Over the past 18 years including becoming a mother of 3 children she has worked in Inner London Boroughs in Schools and with Mental Health Teams to provide support to children and families.

She has a special interest in Autism and supporting children in developing their emotional intelligence as well as key specialisms in specific learning difficulties including Dyslexia and Dyspraxia. Hannah also regularly works with new mothers and fathers, supporting their transitions into parenthood.