

Going Up

Bloch "will be introducing darker shades" of ballet pointe shoes beginning in autumn this year.



Free school meals will be provided to some during the summer holidays, following England footballer Marcus Rashford's campaign.



PayPal announced a \$530 million commitment to support Black and minority-owned businesses and communities in the U.S.

Costa Rica hosted the first legal same-sex wedding in Central America. The ceremony was aired on national television following a 3-hour broadcast on the importance of marriage equality.



Weekly Wellbeing

My Identity

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges! We hope you enjoy reading - Bucks Mind CYP Team

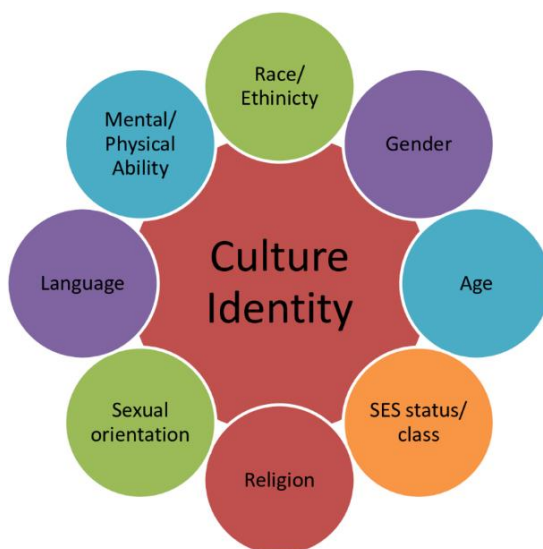
Personal identity –

The properties we feel a special sense of attachment to or ownership of; who we think we are, how we perceive and define ourselves.

Identity crisis - Becoming unsure of what our most characteristic properties are. A person who is struggling with their identity can feel isolated and confused, which can lead to the development of mental health difficulties. Young people in particular have a lot to face in terms of identity and sense of self, as we live in a digital world that is ever changing and influenced by new trends, the media etc.

Why is it important?

Having an identity and freely expressing this can enable people to have a sense of belonging which can potentially lead to better feelings of well-being and confidence. Developing self-compassion towards who you are promotes good mental health and contributes to a stable sense of identity.



Discussing identity with children and young people

Primary

<https://www.youtube.com/watch?v=om3INBwfoxY>



Secondary

<https://www.bbc.co.uk/bitesize/articles/z7q3hbk>



Celebrating my identity

Activity

Watch the video above together with your child/young person and discuss the following questions:

1. What is identity?
2. What do you think makes up your identity?
3. Why is it important to be true to your values and who you are?

Talking about recent protests and racism with your children

<https://amp.cnn.com/cnn/2020/05/01/health/protests-racism-talk-to-children-wellness/index.html>

"Take care of you first:

How can a parent help their child traverse these disturbing times? Let the child's age and level of development guide you, experts say, but first, be sure that you are in the right frame of mind."

You can't pour from an empty cup

TAKE CARE OF YOURSELF FIRST





Be Unapologetically You

<https://mermaidsuk.org.uk/parents/>

Mermaids has been supporting trans and gender-diverse children, young people, and their families since 1995.



Mermaids supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. Mermaids has evolved into one of the UK's leading LGBTQ+ charities.



Be Yourself



Quote of the week

I am unique.
I am special.
I am me.

Please complete our brief feedback survey:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzLrNkWWUWHRbLXGI7yvfHBe1x5Bovajvx7VzJUODIXRUIUEVRSkZTTkZNMDBQWJFKQ0JNNC4u>

BLAM is providing Free African and Afro-Caribbean History worksheets on a weekly basis to Parents in the UK. BLAM have also launched a weekly Black History podcast, listen below.

Please email Hello@blamcharity.co.uk for access to the weekly programme. Worksheets available for children aged 5-16 years old.

<https://blamcharity.com/free-black-history-resources/>



There are 13.9 million disabled people in the UK.

We're a strong community of disabled and non-disabled people with a shared vision of equality.

We provide practical advice and emotional support whenever people need them most. We do this through our Scope helpline, our online community, a range of employment and child sleep services, community engagement programmes, and more.

We use our collective power to change attitudes and end injustice. And we campaign relentlessly to create a fairer society.

<https://www.scope.org.uk/>



Information, Support and Advice



During this stressful and cooped-up time, don't let the pressure of parenting get you down. Try these simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.

<https://familiesunderpressure.maudsleycharity.org/>