

# The Wellbeing Hub Content Lineup - Summer Term 2024 -

## May - Self-esteem

- Week 1** Podcast: Self-esteem and building positive friendships with Kate Megase, Psychotherapist and Author of 'Dump the Baggage'
- Week 2** Webinar : How to build your child's self-esteem with Dr Maryhan Baker
- Week 3** Podcast: How identity impacts self-esteem with Fiona Yassin Founder and Clinical Director at The Wave Clinic.
- Week 4** Blog: Identity attached to mental health/illness by Fiona Yassin Founder and Clinical Director at The Wave Clinic.
- Bonus** Blog: Crisis to confidence by Maja Trachonitis Assistant Head -Wellbeing at Sutton Valence School

## June - Sex education

- Week 1** Podcast: Puberty, sex and relationships Part One with Alex Fryer, specialist practitioner in sexual health and contraception
- Week 2** Webinar: Aspirational children: Strategies for parents with Dr Gauri Seth, Founder and Director of Brain-Based Connection
- Week 3** Podcast: Contraception (for pupils) with Dr Naomi Sutton, NHS Consultant in Sexual Health
- Week 4** Podcast: Puberty, sex and relationships Part Two, with Alex Fryer, specialist practitioner in sexual health and contraception

## July - Transitions

- Week 1** Blog: Getting your child ready to start school by Dr Tamara Scully, Clinical Psychologist
- Week 2** Podcast: Managing change with Dr Maryhan Baker, Psychologist, Parenting Expert and Host of the 'How Not To Screw Up Your Kids' Podcast
- Week 3** Webinar: Passport to independence – Primary to secondary transition for parents with Julie Wilkinson, Anti-Bullying and Anger Management Trainer
- Week 4** Blog: How to stay mentally healthy at university by Alicia Drummond, Therapist and Founder of The Wellbeing Hub
- Week 5** Blog: Exploring other avenues: Apprenticeships by Rachel Harrison at My Professional Hat

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## August - Sleep

- Week 1** Blog: *Is your teenager getting the sleep they need?* by Mandy Gurney, Founder of Millpond Children's Sleep Clinic and healthcare professional
- Week 2** Blog: *Top bedtime tips for parents* by Dr Amanda Gummer, Child development expert and Founder of The Good Play Guide
- Week 3** Video: *25 minute yoga for sleep (for pupils)* by Caz Houghton, Yoga Teacher and EFT Practitioner
- Week 4** Blog: *How to help your child with nightmares* by Mandy Gurney, Founder of Millpond Children's Sleep Clinic and healthcare professional