



Be you Be United

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こんにちは ПРИВЕТ
BONJOUR مرحبا OLÁ



To translate this newsletter, follow the link in the QR code or click [HERE](#)

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Why is Unity Important?

Unity and resilience are concepts that can be connected in the idea that people can accomplish great things when they stand together in times of challenge. Resilience is the ability to recover from difficulties and function well in the face of adversity. This newsletter will give some ways to build resilience through connection with others.



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Being United Through Acceptance

Acceptance means loving children and young people for who they are, with all their unique qualities. It's about understanding and respecting their individual feelings and experiences.

Parents can help by creating a safe place where children feel comfortable expressing themselves. They should offer love and support, even when children make mistakes or face challenges.

When parents practice acceptance, it helps build trust, self-esteem, and a positive sense of self-worth. Children who feel accepted and understood are more confident and positive about themselves.

This can be done by:

- **Listening carefully:** Pay full attention and show that you care about what they are saying.
- **Validating their feelings:** Let them know that how they feel is important and that you understand.
- **Avoiding judgment:** Try to understand their point of view and look for positive ways to solve problems.

(Adapted from Psychologist Dan Hughes's PACE model an approach that focuses on relationships between parents, or caregivers, and children).



Northumberland Family Hub

Free Online Courses for Parents and Carers

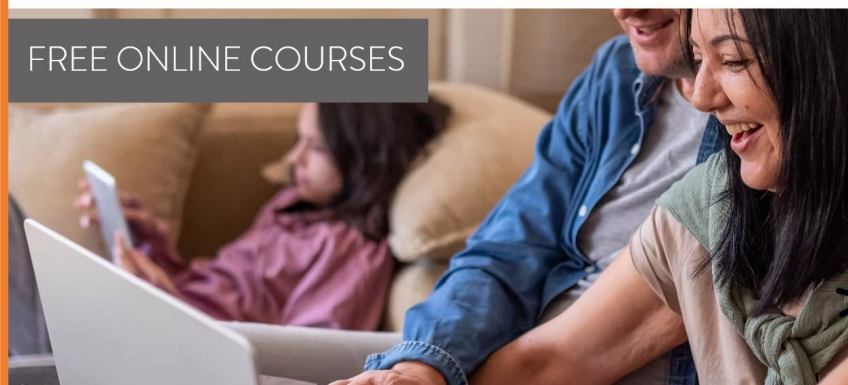
The courses cover a wide range of topics from pregnancy up to teenagers.

Click the picture to the right to access.



What we do Supporting you Start for Life Useful contacts Blog

FREE ONLINE COURSES



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Unity and Connection in the Festive Period

The festive season is a great time to connect with others in many ways:

- **Calling or visiting family and friends:** You can call, video chat, or visit your family and friends to catch up and spend time together.
- **Helping out:** Volunteering at a charity or joining a community event is a fun way to meet new people and feel part of something special.
- **Sending cards and gifts:** A handwritten Christmas card is a nice way to show you care. You can also send a small gift, like homemade cookies or a treat.
- **Using technology:** Stay in touch with people who live far away. You can watch a movie together online or have a virtual party with friends.
- **Cooking together:** Share fun stories and memories while you cook together.
- **Making a photo album:** Put together a photo album to remember fun moments you've shared with others.



kooth

For ages: 11-25

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



Sign up for free at [Kooth.com](https://www.kooth.com)



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Loneliness

YOUNGMINDS

Young Minds is a charity that supports young people with their mental health. Their website has lots of resources and information for young people to access themselves or for parents and carers to access. Click the picture above to take you to some information on combating loneliness.



Be you support service

Parents and carer guide to... friendship

NHS Northumbria Healthcare NHS Foundation Trust

Support Children and Young People With Friendships

When we ask children and young people what affects their mental health, friendships and falling out with friends are usually mentioned.

Friendships are really important for many reasons, such as:

- Sharing and enjoying things you both like
- Helping you when you need support
- Stopping you from feeling lonely
- Helping you feel less stressed

We've created a leaflet for parents and carers all about friendships. Click the picture on the left to see it.