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Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board



'Parenting in a Pandemic'

Dear Parent,

We would like to let you know about a virtual parenting group that we as a Paediatric Occupational Therapy service are offering at present in conjunction with selected primary schools that fall within the Upper Valleys and Neath catchment areas.

Group purpose and topics covered

'Parenting in a Pandemic' will be facilitated by Occupational Therapist Sian Thomas, who is passionate about child and parental well-being and will offer the opportunity to meet and chat to other parents about various topics that have impacted on day to day life since the start of the pandemic.

The group also looks to bring parents together who face similar challenges, with a view to you continuing to meet and stay in touch, should this be something that interests you.

The sessions are bespoke to meet the individual needs of the group and topics are agreed as a group in the first session.

Some topics suggested so far have been:

- Understanding and managing behaviours
- Managing child anxiety
- Parental stress and wellbeing/parental self-care
- Sibling rivalry
- Attention and concentration
- Childhood developmental/self-care skills for everyday living

When and how we meet

The group will run once a week (up to 90min duration) for 5 sessions, and will be conducted over Microsoft Teams. If you are interested in the group, but have never used Teams, please do not panic – we can help you with this.

There is no pressure to share anything you do not feel happy to and hopefully you will find it a positive experience where you can chat to other parents over a cuppa without the hassle of leaving the house and finding a parking space!

Please let us know if you would be interested in attending this group by completing the attached request form and return to SBU.OTParentgroup@wales.nhs.uk

We look forward to welcoming you!

Many thanks,

Paediatric Occupational Therapy Team