

Embracing Thrive:

a parent and carers guide



Thrive® is delighted that your child's school has chosen Thrive to promote the wellbeing of all its students and help to prevent mental health issues arising.

The Thrive Approach®

The Thrive Approach has evolved over the last 25 years, providing those who work with children and young people with the knowledge, skills and tools to optimise social and emotional development. Thrive is committed to supporting and encouraging the development of confident, curious, creative and capable children and young people who are open to learning and better equipped to deal with life's ups and downs.

Building positive relationships

The connections children and young people have with the adults around them is key. Repetition of positive experiences developed through Thrive activities supports their development, helping them to:

- feel good about themselves and know that they matter
- increase their sense of security and trust
- increase their emotional wellbeing
- improve their capacity to be creative and curious
- increase their self-esteem and confidence to learn
- learn to recognise and regulate their feelings
- learn to think before behaving in a certain way
- ...and much more.

"I cannot stress enough the value of The Thrive Approach in the short term. We have experienced a cultural shift in a matter of weeks, and I am extremely curious to see if the improved emotional regulation of the children has a positive impact on their attainment as we move through the year."

Headteacher

How does it work?

Appropriate for all children from birth to adulthood, the Thrive Approach draws on the latest research into brain science, child development theory and attachment theory. It helps us to understand how the brain develops, and how parents, teachers and other professionals can best support this development by providing the best experiences for the children at each stage.

What difference does Thrive make?

Schools that have adopted the Thrive Approach have reported many benefits. These include calmer children, less disruptions in class, improved attendance, reduced exclusions and higher achievements. The knock-on effect of this can be better parent-school relationships and improved staff morale. You can read about these on the Thrive website: mythrive.uk/case_studies.

How will my child be involved in Thrive?

We use a screening and monitoring tool called Thrive-Online® which identifies the developmental needs of individuals or groups and suggests action plans to meet these needs so that children and young people can move forward and fulfil their potential. Thrive-Online will be led by your school practitioners who will:

- Profile whole groups as well as individual pupils identified as having additional needs.
- Create an action-plan at a group and individual level, with a raft of strategies and age-appropriate activities to build into teaching to support social and emotional development.
- Measure and report on the progress of whole groups and individuals over time.

Find out more

There is lots more information on the Thrive website (thriveapproach.com) and also the Thrive Community Facebook group: The Thrive Approach - supporting the community to weather the storm.



"Thrive has helped my son tremendously. It has given him more confidence and also it has helped him to calm down in difficult situations. I can see a huge difference in him. He looks forward to his Thrive time." Parent