



Embracing Thrive:

A parent and carers guide

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 and skills to support 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 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

How does it work?

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

What difference does Thrive make?

Our school has seen many benefits using the Thrive Approach, these include, calmer children, less disruptions in class, improved attendance, reduced exclusions and higher individual attainment. 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 with Thrive Approach at Twyn?

We use a screening and monitoring tool called Thrive Online which identifies the developmental needs of individuals or groups and suggest action plans to meet these needs so that children and young people can move forward and fulfil their potential. All the staff at Twyn Primary receive annual training to support emotional wellbeing of all pupils. As a school all teachers liaise with support staff to profile pupils' twice a year and create a class Thrive action plan to support their social and emotional development. In addition to this one of our trained practitioners may also use Thrive online to assess and develop action plans for individual

children which may lead to group work or one to one activities to support their social and emotional development.

Further Support

At Twyn primary we offer further support for all families in the form of home Thrive action plans aiming to develop a cohesive practice between home and school. We also offer Thrive family workshop sessions to introduce parents and carers to the fundamental brain science of Thrive and how it works in practice to help and support children's social and emotional development.

