

## Parent Forum

### What is a Parent Forum?

At Rachel Madocks, we offer a number of Parent Forums where we invite parents, carers and families into school to partake in a variety of workshops and social gatherings. We have one parent forum each half term and they include information, support and guidance on the following areas; communication strategies, mental health support, behaviour support strategies, message stories, play, transition both within school and beyond into adult life.

We also have sessions supported by other professionals, linked to the school, including the immunisation team, social care, speech and language, occupational health and physiotherapists.

The parent forum sessions are on the school site, during school hours and are aimed to be relaxed, informal and supportive. The forums can be accessed however parents and carers feel comfortable with contributions and discussions being warmly welcomed and encouraged but not essential.



### What do our Parent Forums aim to achieve?

Our Parent Forums aim to achieve the following:

- A supportive, inclusive and welcoming space for parents and carers to build friendships, foster supportive networks and share experiences.
- Opportunities for parents and carers to become familiar with and comfortable within their child's school, promoting a welcoming and supportive atmosphere for all.
- Supporting parents and carers to feel part of the school community.
- Encouraging engagement with school and with supporting their children and young people at home.
- To reduce social isolation and allow parents to socialise with others who may have similar experiences to themselves.
- To gain valuable information about strategies used at school, which could in turn be implemented at home.
- Access to professionals who parents and carers may not typically have opportunities to meet.
- A space where parents and carers can share ideas, thoughts and experiences in a non-judgemental, supportive and safe environment.

