

## Practice profile:

Patricia Santelices, a Project Manager at [Growing Confidence](#), talks about promoting emotional well-being for primary pupils, parents and carers and school staff.

### How does your day begin? Full breakfast or coffee on the run?

On the run, coffee comes later!

### What does Growing Confidence do?

Growing Confidence is a Big Lottery Fund project that supports schools and other settings to promote and embed positive mental health and emotional well-being. The need for this is well evidenced and in Edinburgh is particularly informed by an extensive consultation with primary school pupils, staff and parents and carers. Growing Confidence has brought together multi-agency professionals to develop and pilot a range of holistic programmes and approaches for schools. These include training for staff (Confident Staff, Confident Children) and parents (Raising Children With Confidence) which specifically focus on understanding the factors that affect mental health and well-being and explore how to better promote it in ourselves and the children we work with or care for. It also includes supporting work with children (Seasons for Growth) and project work with their local communities.



### What is unique or particularly good about the work your organisation does?

Everything we offer is proactive, preventative and universal. This is done by universally increasing understanding and awareness about the research around promoting positive mental health and well-being and strengthening the relationships and connections between children, families, schools and local communities. Caring relationships are fundamental to positive mental health.

### Tell us a story from your front-line work.

Raising Children with Confidence is our latest development and is aimed at parents and carers. The course is based on the latest evidence around the science of child brain development and also covers topics like attachment, resilience, empathy and mindset. The 13-hour, six week programme was developed in response to a consultation with parents and carers. The course was devised by our educational and mental health practitioners and is being rolled out to ten primary schools across Edinburgh this term following the success of a pilot run. In feedback from the pilot, 92% of the parents and carers told us that it had improved their understanding of factors that affect children's mental health and wellbeing and 81% said it had improved their relationships with their children.

Florina Stoica, whose son attends Preston Street School, said: "I never received praise for my efforts from anyone at home or at school and I did not know to appreciate myself as I grew older. Attending this course not only made me feel good, but my son and my husband saw the difference, too."

Kay Mackay, a trained nurse with two children at Juniper Green Primary, said: "I couldn't understand why I had to keep repeating things to the kids. Now I understand that it's because their brains process information more slowly. I'm so much more relaxed now, they keep asking me what's changed."

### Do you have any links to websites or documents for further information?

See our website at: <http://www.growingconfidence.org/>

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