

Embracing Thrive: a parents guide



The Thrive Approach has been developed over many years helping children to flourish. It supports their emotional and social development and helps them feel happy and secure, able to enjoy friendships, relate well to others and be ready and able to learn.

The Thrive Approach

Thrive is a specific way of working with all children that helps to develop their social and emotional well-being, enabling them to engage with life and learning. It supports them in becoming more self-assured, capable and adaptable. It can also address any troubling behaviours providing a firm foundation for academic attainment and happiness.

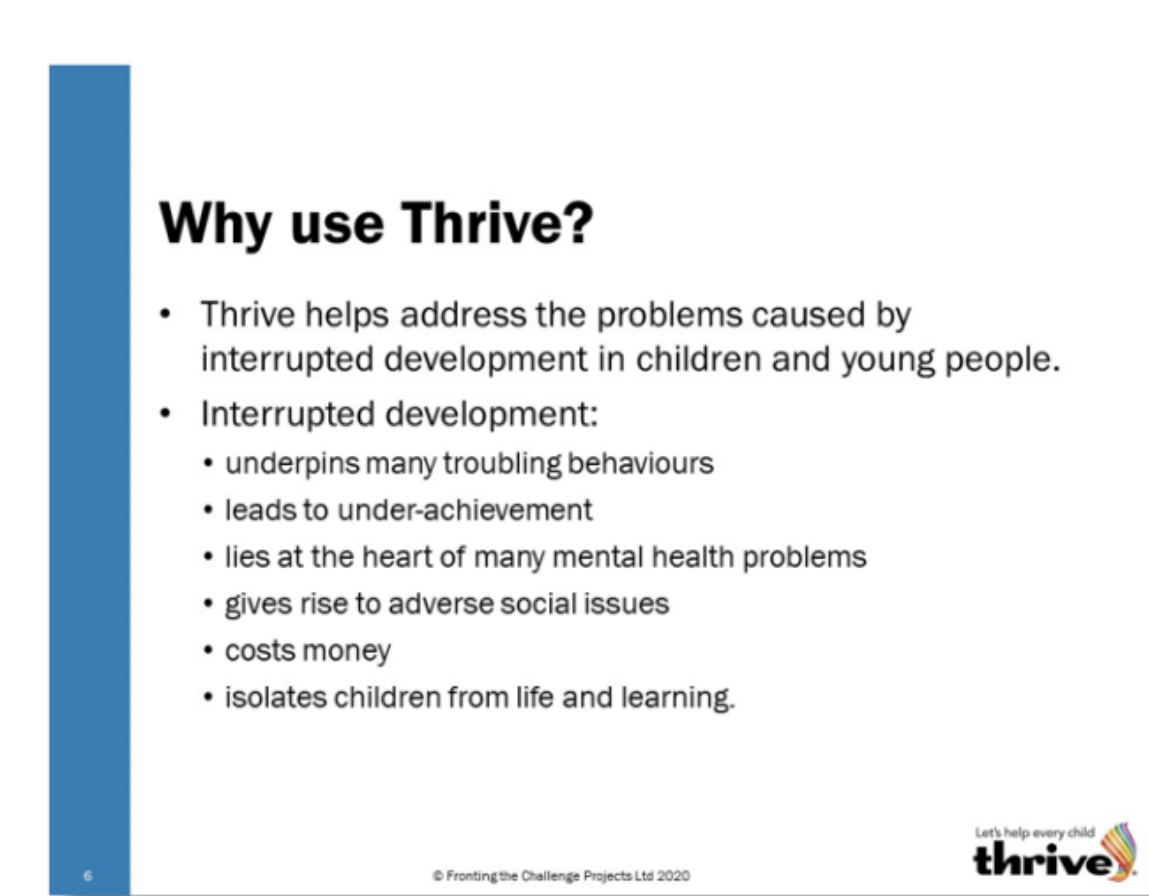
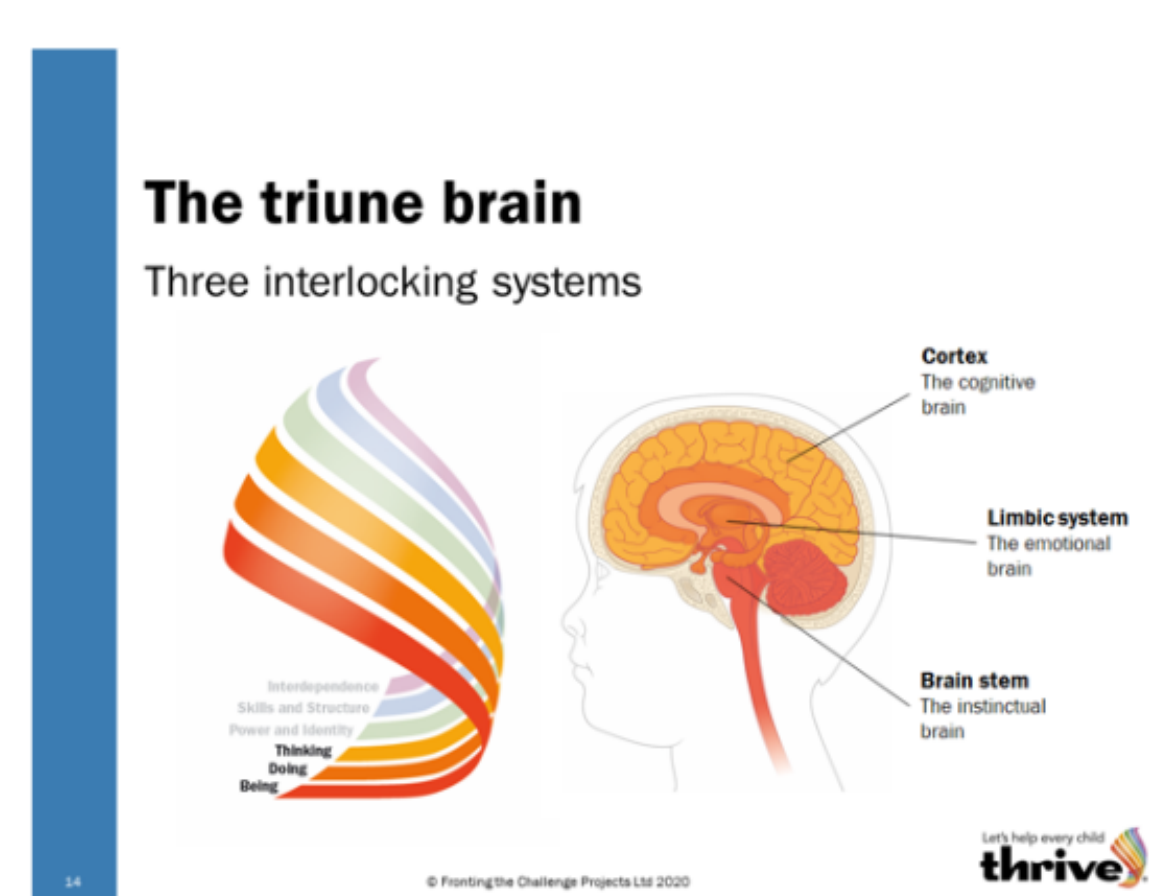
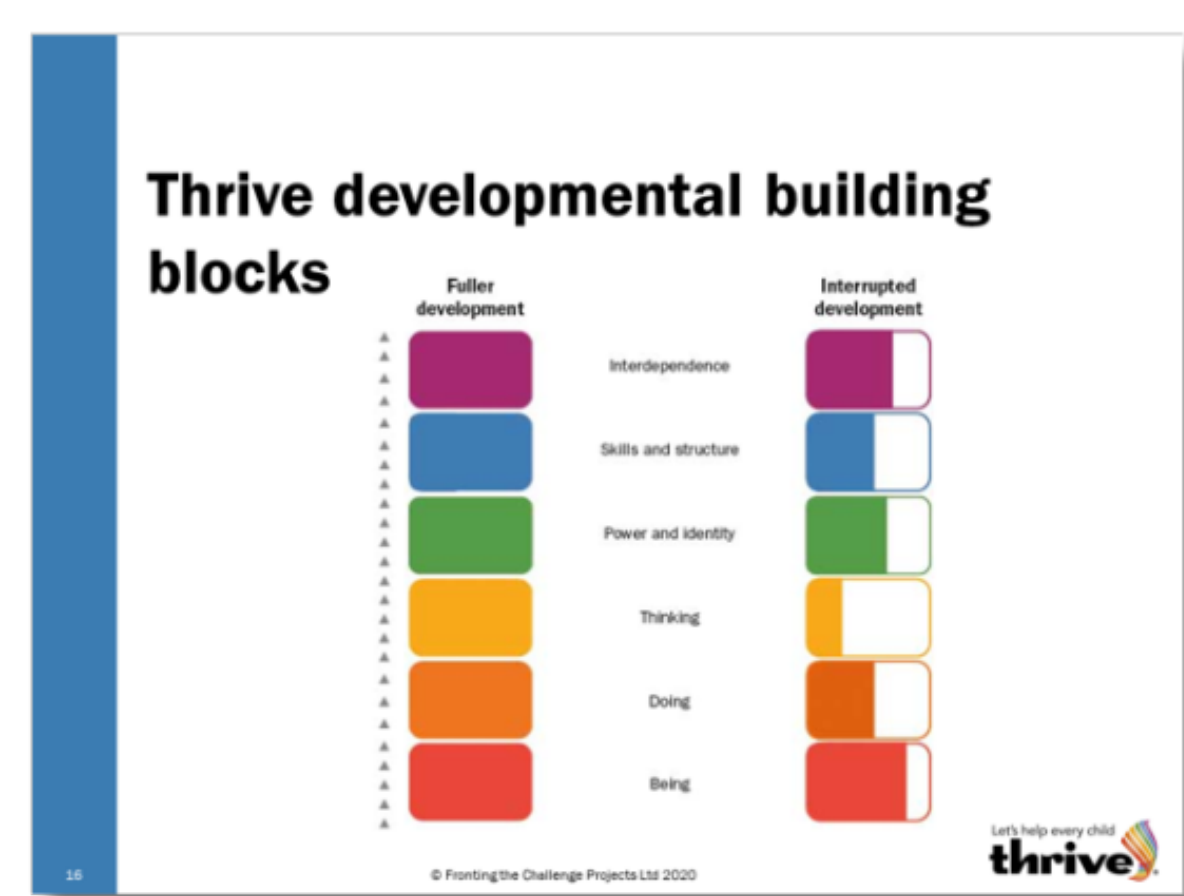
Positive relationships are at the heart of Thrive. We use these relationships, together with play and creative activities, to give children key experiences at each different stage of their development. Repetition of these activities supports their development, helping them to:

- feel good about themselves and know they matter
- increase their sense of security and trust
- increase their emotional wellbeing
- increase 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....

“Thrive 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.”

How does it work?

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



Thrive also helps us better understand a child or young person's needs being signalled by their behaviour. Sometimes children struggle as a result of temporary setbacks or other, longer term changes in their lives, such as separation, bereavement, anxiety, accident or family illness, moving house or schools or arrival of a new baby. They may signal their distress by becoming more withdrawn, or distant, or perhaps more challenging or disruptive, or even trying too hard to please.

If this happens we use Thrive to look beyond the behaviour to give these children and young people the support they need to get back on track. Sometimes they need a little more support or one to one time in school or at home to help them along.

How will my child be involved in Thrive?

We use an online screening tool and activity planning resource called Thrive Online. This lets us check that children are working appropriately for their age and to develop the whole group with activities that ensure that they are as emotionally and socially supported as they can be.

Thrive Online also identifies any children in need of a little extra help, if the screening tool identifies your child may benefit from extra one to one support, you could work with us to develop an action plan that gives specific strategies and activities for supporting your child at home and in school.

We understand that some circumstances may be sensitive and confidentiality will be paramount at all times when you discuss your child's needs with us.

“I thought I'd lost my boy, the Thrive team gave him back to us!”

For more info or to book a one to one
www.chesil-infinity.co.uk/thrive

