



# The Anchor Approach

Supporting children and their families  
to live resilient and stable lives.

[www.haringey.gov.uk/anchor](http://www.haringey.gov.uk/anchor)



## Purpose & Generosity:

**We all need to feel that we have something to contribute to our family & community.**

Help your child to make cakes for everybody to enjoy over the holiday and make sure everybody shows appreciation for the time and skill of the baker.

## Wellbeing Corner

### Empowerment:

**We all need to feel that we are listened to.**

Listen out for ideas your child has about things to do or places to go over the holiday and involve them in making arrangements to go. Could they invite a friend?



### Belonging:

**We all need to feel that we belong. Loneliness is the worse feeling.**

Having photographs of us up with other family photos helps us to feel that we belong.

### Achieving:

**We all need to feel that we are good at something.**

What is your child good at? Recognise their talents and help them to master them. If they are good at running could they join an athletics club?