

Celebrate your child for who they are.

If we think of giving our adolescents a rich diet of social and emotional support, The Essence of our diet needs to contain the right ingredients, Dr. Dan Siegel recommends all adolescents have a balance of what he describes as Essence to create the right recipe for healthy social and emotional growth.

Adolescence is a time of significant brain growth, re-structuring and development. Neuroscientific research and understanding, informs the adult role in supporting adolescents to flourish and thrive. Staying emotionally connected is important for healthy family relationships. Making the most of the inevitable opportunities and challenges that arise, to learn emotional resilience, healthy stress regulation and ways to manage conflict, is important for everyone's enjoyment of family life. Above are some examples of what you can do at home.

Each week we will focus on a different ingredient of **ESSENCE** (**ES** – Emotional Spark, **SE** – Social Engagement, **N** – Novelty, **CE** – Creative exploration). This week the focus is on **Social Engagement**.

Social Engagement	Important connections such a mutually rewarding relationship.
Monday	Create a conversation jar – everyone can add topics they want to discuss. Pick a topic at dinnertime or lunchtime and explore together.
Tuesday	Cook a meal together to enjoy eating together – maybe challenge one another to try a new food.
Wednesday	Play a game. If you lose you do a chore.
Thursday	Have a family MasterChef or Bake off competition. Share your creation on social media for friends to see or send to teachers at school.
Friday	Have a movie marathon and enjoy relaxing together – choose a movie each and put into a hat, keep picking until everyone had their film shared. Write a review of each film and share on social media to help other families.

Top Tips:

- ✓ Adolescence is a time of significant brain growth, re-structuring and development. Neuroscientific research and understanding, informs how we as adults can support adolescents to flourish and Thrive.
- ✓ As adults it is helpful for young people to have us alongside them to reflect on their thoughts, feelings and experiences.
- ✓ It is useful to think with them when solving problems rather than offering up all the answers, coming up with solutions together.
- ✓ Making the most of small moments to connect during the day through a shared activity, meal, walk or whilst relaxing on the sofa, will help young people have a full cup to face any potential challenges or difficult feelings.
- ✓ To find out more about the growth and development in the adolescent brain, [click here.](#)

