



26th August 2026

Dear Parents/Carers,

Raising Children with Confidence (RCWC) sessions

We are excited to offer the 'Raising Children with Confidence' sessions at Carrick Knowe PS for the first time. Ms. Doig and Mrs. El'Mrabty will be facilitating these sessions, and we are hoping to get started soon. We would appreciate if you could click on this link and fill in the form if you'd like to join these sessions - <https://forms.cloud.microsoft/e/QiFV6TrJ5E>

What is Raising Children with Confidence?

RCWC is an affirming course which pulls together many of the latest findings and evidence from research to explain what influences children's emotional wellbeing and why what you do makes such a difference. It recognises the uniqueness of every family and brings you together with other parents and carers to reflect upon your experiences of family life.

Who is it for?

All parents and carers of children aged 0-11 years.

What will I learn in Raising Children with Confidence?

Over six 2-hour sessions the course covers the following topics:

- Promoting Wellbeing (supporting children's mental health and wellbeing) This first session introduces the big picture with regards to mental health and emotional wellbeing and what factors support or undermine its development.
- The Developing Brain (How experience shapes the brain) Explores some of the research into child brain development and what happens to the brain under stress.
- Why Love Matters (Creating positive relationships and attachments) An introduction to attachment theory and how relationships in early life can have an impact on emotional wellbeing in the longer term.
- Staying Connected (Listening to understand and developing empathy) What is empathy and how can you support children to develop empathy through effective communication.
- Building Resilience (Coping with life's ups and downs) What is meant by resilience and what can you do to support your child to develop the skills, tools and resources to deal with the challenges of life.
- Looking After Ourselves (The importance of parental wellbeing) How you can support your own mental health and wellbeing and why role modelling this behaviour is important.

These sessions have been very popular with parents/carers across Edinburgh, and has received excellent feedback. We hope these sessions appeal to you and that you can join us.

Kind regards,

Laura Doig
Home School Link Worker

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