

## Day 5: Supporting the families of refugee children and young people

### Challenges for Families:

Refugee families have often faced similar challenging experiences as their children, and continue to have to manage in difficult circumstances, as well as potentially feeling hopelessness or distrust in those in power or authority due to their previous experiences (Rae, 2023). These may include health, housing, finances, language barriers, and the uncertainty of the asylum process. They may also be processing trauma, loss, and adapting to new cultural norms (Rae, 2023).

### Supporting Parents:

Schools can support parents & families by offering information to help them to support themselves and their child/children, based on advice from United Nations website ([https://www.unodc.org/unodc/en/prevention/resource\\_s-for-caregiving-in-conflict-crisis-or-stressful-settings.html](https://www.unodc.org/unodc/en/prevention/resource_s-for-caregiving-in-conflict-crisis-or-stressful-settings.html)):

#### Supporting parents & families

- Help them to understand their own experiences & emotions
- Support them to seek help for their own needs if required
- Help parents to recognise and normalise emotions and behaviours, and how to seek support if more specialist support is needed
- Help with signposting to further information about ways that they can support their children, such as on the United Nations website

#### Supporting parents & families to help their child/children

- Provide ways to help them feel safe & loved:
  - Keeping family together & reduce risk of separation
  - Be affectionate and provide warmth, care and love
- Support them to feel valued and supported through offering praise and be patient if they need reassurance
- Provide opportunities to spend time together, talking, and encourage play
- Build in routines for regular everyday activities & encourage educational work (reading/writing/math) where possible

#### Signposting

- Services can support with children and families in Gloucestershire:
  - Gloucestershire Action for Refugees and Asylum Seekers (GARAS)
  - Cheltenham/ Gloucester welcomes refugees
  - Educational Psychology Service (EPS)
  - Advisory Teaching Service (ATS)
  - Gloucestershire Local Offer
  - Children and Families Across Borders
- Information for supporting children and young people:
  - Young minds
  - Anna Freud