

From the Social Worker's Desk

Did You Know?

One of the core roles of a social worker is to listen deeply and understand the experiences of children and families.

Social work isn't about having all the answers – it's about walking alongside people with empathy, respect, and care. ❤️



Wellbeing tips for home

- Name the Feeling - Help your child label emotions.
- Calm together - Breathe, stretch, 5 sense check-in.
- A Grateful pause - Celebrate the small wins.

Take a Breath - You've got this!

Warmly, your Kingston Social Worker Ruth