



Parent & Carer 'My Brilliant Place to be ME!' Feedback

Hello! We appreciate your thoughts on your child's experiences with 'Brilliant ME!'. Your feedback is invaluable. Please take a moment to answer the following questions:

This feedback can also be completed online:

<https://www.menti.com/alj3qqz2ay6o>



1. How often does your child use 'Brilliant ME!'?

- Every day
- A few times a week
- Occasionally
- Rarely

2. In your opinion, have you observed any positive changes in your child since they started using 'Brilliant ME!'?

- Better understanding of emotions
- Noticeable use of coping skills / strategies
- Increased confidence
- Improved mood
- Improved sleep
- Other (please specify)

3. What specific activities or features in 'Brilliant ME!' do you think have been most helpful for your child?

- Exploring 'All about me'.
- Learning about feelings and emotions
- Thinking about selfcare
- Exploring coping skills (like breathing ideas)
- Colouring, activities, and games



4. How has your child communicated with you about their use of 'Brilliant ME!'?

- Shared thoughts and feelings
- Kept it private
- Worked on it together with you
- Showed you their creations (drawings, writings, etc.)

5. Do you think 'Brilliant ME!' has had a positive impact on your child's overall wellbeing?

- Yes
- No
- Not sure

6. Are there any aspects of the 'Brilliant ME!' that you find challenging, or think could be improved?

- No, it's great!
- Yes, a little bit (please explain)

7. What additional support or resources related to 'Brilliant ME!' would you find beneficial for parents / carers?

- Additional journal activities
- Tips for supporting children's emotional wellbeing
- Support for your own wellbeing
- Parent workshops or sessions on wellbeing

9. Would you recommend 'Brilliant ME!' to other parents/carers?

- Yes
- No



- Not sure

10. Any other thoughts or suggestions about 'Brilliant ME!'

- Please write any other comments / feedback here

Thank you for sharing your thoughts! Your feedback helps us enhance 'Brilliant ME!' for all children.

www.headstartkernow.org.uk/brilliant-me