



Pitmaston Primary School

FAMILY SUPPORT NEWSLETTER


Vol.1 Autumn 2020

Welcome to the very first edition of Pitmaston's **Family Support Newsletter**. Due to the current restrictions in place, it is difficult for me to meet with parents and carers face-to-face, so I thought this was the perfect time to start a regular newsletter to share information with you. Hopefully the top tips, snippets of information and recommendations of local services will give you some tricks to keep up your sleeve for those difficult days of parenting. Don't forget, if you are finding things overwhelming, or would like some advice, I am still here to help. You can contact me via the main office on **01905 423710** or via my direct email **kpusharski@pitmaston.worcs.sch.uk** - I am available to talk to you over the telephone, as well as provide support via video call or email. I will resume the weekly drop-in session and face to face appointments as soon as it is safe to do so. Have a lovely half term and stay safe — Kelethé Pusharski (Family Support Worker at Pitmaston).



Worcestershire County Council's 'Family Learning Team' have created some new online courses for parents, such as 'Time For You', 'Art In Your Heart', 'Marvellous Me—After Lockdown', 'Thinking About Employment'. These are all web based and FREE! For more information visit www.worcestershire.gov.uk/courses or call 01905 843519.

40 minute sessions on Tue 8pm or Wed 1.30pm starting 3rd Nov 6 weeks



Time for You Course is free for parents and carers who are interested in having some time for them, following the lock-down and isolation period, this year.

Art in Your Heart Course uses art to help you work through stresses you might be facing and empower you to feel positive mental wellbeing.

Art in your Heart

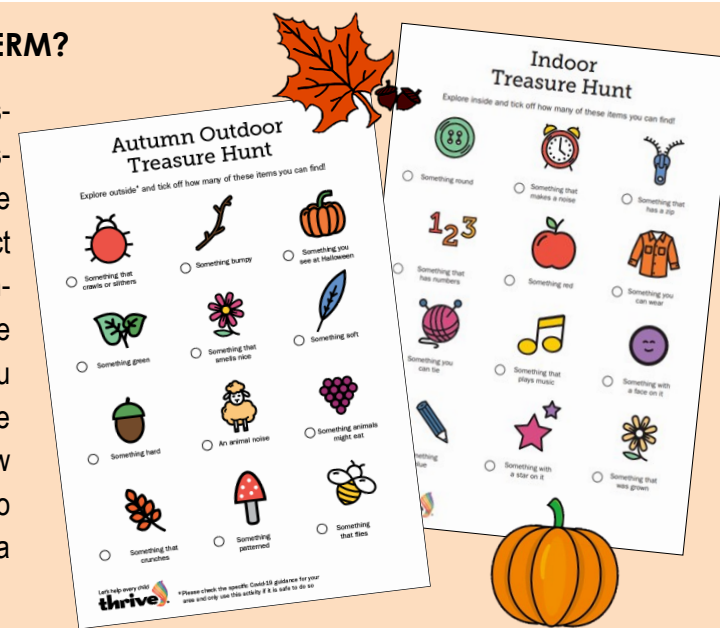
A short course for Parents and Carers to express yourself through art activities helping you cope through stress.

Wednesday evenings 8pm - 8.40pm starting on 4th November for 6 weeks Online

ADULT LEARNING WORCESTERSHIRE

STUCK FOR IDEAS THIS HALF TERM?

Go on an adventure with these fantastic Indoor and Outdoor sensory treasure Hunts provided by 'Thrive'. The simple activities will help you connect with your child as you explore together. Copies of the treasure hunt have been emailed out to you, but if you don't have access to a printer at home why not get your child to write or draw the items themselves before you go out to explore. You could even have a think about some bonus items to add!



THRIVE SPOTLIGHT



"How can I help my child develop emotional resilience?"

"NAME IT TO TAME IT" is a phrase coined by Dr J Siegel, which explains how when we identify our feelings it can help us to make sense of them and calm us down. It is important that, as adults, we model this to our children, so that in time they will be able to do the same — say out loud how you feel (name it) and then take back the reins on how you feel (tame it) before taking action. For example: "Wow! That was a loud bang. That really scared me", "Oh dear, this homework is so frustrating. I bet you just want it to be over", "It's hard saying goodbye to Grandma. It's OK to miss her, I miss her too". Once your child has named and tamed the feeling you can then move on to working together to solve the problem.

[..to learn more about how the Thrive Approach is used in school visit our website]

TOP TIP: PRESCHOOL



<https://youtu.be/L89nN03pBzI>

TOP TIP: KS2

3 C's to help set boundaries and manage behaviour:

1 Explain the rules **CLEARLY:**

Children find security in having boundaries. Explain the rules clearly and in a way your child will understand. Explain the reason behind the rule and get your child to repeat back to you to prevent any misunderstanding.

2 Explain the **CONSEQUENCES:**

Explain what will happen if they don't follow the rule. This gives your child a choice. They know what will happen if they choose not to follow the rule you have set.

3 Be **CONSISTENT:**

A rule is not a rule unless it is enforced consistently. Always follow through with consequences if a rule is broken.



Quick ways to **CALM** down! Sea Life Sensory Solutions.



**Puffer
Fish Puff**

Puff your cheeks like a puffer fish!

Fill your cheeks with air and hold for 5 seconds.



**Clam
Cuddle**

Cuddle yourself like a clam.

Place your hands on the opposite shoulders and squeeze.



**Turtle
Tongue**

Poke your tongue out like a turtle pokes out its neck.

Stick your tongue out and quickly hide it again.



**Starfish
Stretch**

Stretch out like a starfish.

Place your arms up over your head and stretch out wide. Stretch your legs out wide too.

TOP TIP: KS1

Our language has a MASSIVE impact on our children's behaviour and how they respond to us when we intervene—practise using these positive alternatives:

"CALM DOWN" >>> **"HOW CAN I HELP YOU?"**

"THAT'S ENOUGH" >>> **"DO YOU NEED A HUG?"**

"STOP CRYING" >>> **"I CAN SEE THIS IS HARD FOR YOU"** **"DON'T HIT"** >>> **"PLEASE BE GENTLE"**

"BE QUIET" >>> **"CAN YOU USE A SOFTER VOICE?"** **"YOU'RE OK"** >>> **"ARE YOU OK?"**

"STOP YELLING" >>> **"TELL ME WHAT HAPPENED"** **"DON'T GET UPSET"** >>> **"IT'S OK TO FEEL SAD"**