



Pitmaston Primary School

FAMILY SUPPORT NEWSLETTER

Vol.2 Autumn 2020

TOP TIP: PRESCHOOL

If your 3 or 4 year old has something to say then you can usually guarantee that, to them, it is the most important thing in the world and everyone should stop and listen to them, right NOW!

Because of this, **CONSTANT INTERRUPTING** is a problem that many parents of pre-schoolers face. By this age the majority of children can occupy themselves for between 10-30 minutes, so it is not unreasonable to expect your child to not interrupt a short conversation. There will of course be times when you will need to respond to your child straight away i.e. when they are hurt or feel unwell, but here are some tips to help teach your child about the importance of gentle interrupting:

PREPARE AHEAD OF TIME: explain to your child beforehand you are going to be busy and cannot be interrupted. Let them ask questions about what you will be doing and ensure they understand why it is important they don't interrupt (e.g. mummy will be on a phone call to work and really needs to concentrate, daddy needs to talk to this grown up to share some important information).

EXPLAIN THE RULES: Decide on a couple of simple rules for when you are busy and discuss these with your child. Ideally these should be rules of what to do (instead of what not to do) e.g. play quietly until I'm finished, if you need to speak squeeze my hand and wait, or say 'excuse me' and wait. Remind your child of these beforehand to prepare them and praise your child every time they remember.

USE REWARDS: Don't be afraid to use rewards as an incentive. Tell your child beforehand that if they follow the rules they can earn a special reward (this could be as simple as agreeing to complete a puzzle together or playing with them in the garden for a little while).

HAVE A PLAN: If you know you need to take a long phone call, or even if you are meeting with a friend and know you would like a little time to chat, make sure you plan some suitable quiet-time activities—make sure these are activities that your child will be able to complete independently (e.g. puzzles, colouring, sticker books, playdough). Get your child to help you chose/pack these activities beforehand as another way to help prepare them.



Dear Parents/Carers.

Welcome to another edition of the Pitmaston Family Support Newsletter. I wanted to take this opportunity to wish those of you who are celebrating a very Merry Christmas. For some parents, the Christmas break can be a challenging or lonely time, especially as we face a Christmas unlike any other. Please remember, you are not alone—support is on hand. Within this newsletter you can find details of support that can be accessed while school is closed for the holidays. Alternatively, if you would like to chat with me in the new year please arrange an appointment by emailing me directly (kpusharski@pitmaston.worcs.sch.uk) or by phoning the school office when we reopen in January (01905 423710).

Stay safe, Kelethé (Family Support Worker).

THRIVE SPOTLIGHT

Never underestimate the power of a hug...



We often read about the 'cuddle hormone' **OXYTOCIN**, but we sometimes underestimate the importance of this hormone in our child's development. Our brain and bodies crave oxytocin, because when we get a burst of this hormone it reduces the levels of **CORTISOL** in our bodies, which is the stress hormone. So when words fail you, and you don't know how to help your child in moments of distress simply start by **HUGGING THEM**—it really does make a difference!

A LOT OR A LITTLE?
The parents' guide to what's in this movie.

common sense media

A+ Educational Value > Positive Messages > Positive Role Models & Representations >

Violence & Scariness > not present Sexy Stuff > #1 not present Language >

Parents say age 7+ ★★★★★ Based on 127 reviews

Kids say age 7+ ★★★★★ Based on 449 reviews

TOP TIP: KS2

Movies, games and apps are a common

part of life for many children in KS2. As a parent it can be difficult to know what is and isn't appropriate for our children, especially if it's a movie or app we've never heard of before... www.commonsensemedia.org is a website for parents which provides expert age-based media reviews for a wide selection of films, games and apps, with a handy 'parents guide' which gives an overview of content. Reviews are based on both the opinion of parents and children, so rather than saying 'no' straight away, why not sit down and look on the website together and have a chat about whether the latest Christmas film they are begging to watch or app they want to download is suitable or not.

You are
not
alone

Support for
PARENTS

www.family-action.org.uk (practical, emotional and financial support for those who are experiencing poverty, disadvantage and social isolation—live chat available on the website, or call 0808 802 6666 / text 07537 404282).

www.familylives.org.uk (advice and support on all aspects of being a parent—helpline: 0808 800 2222).

www.gingerbread.org.uk (support and advice for single parent families—current webchat service available every Tuesday between 2-4pm).

www.turn2us.org.uk (helping people when times are tough—information and financial support)

www.youngminds.org.uk (dedicated helpline for parents to better understand your child's behaviour and give you practical advice on what to do next 0808 8025544, 9:30-4pm Mon-Fri).

TOP TIP: KS1

It is common for children around this age to panic or break down when faced with a problem. At some point we must all master THE SKILL OF PROBLEM SOLVING.. but this doesn't always come naturally to children. As parents/carers it is our job to teach our children how to appropriately and effectively solve problems, which can be done by encouraging them to REFLECT using **5 problem-solving steps**:



Step 1: What am I feeling?

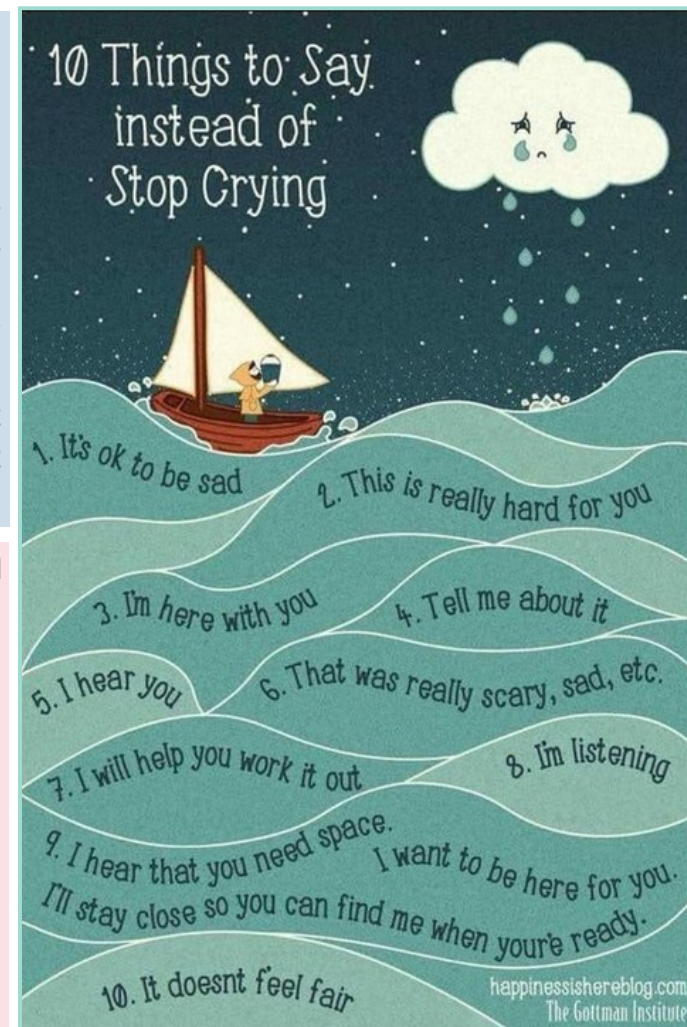
Step 2: What's the problem?

Step 3: What are the solutions?

Step 4: What would happen if...?

Step 5: Which one will I try?

Engage your child in a conversation about the problem, following these 5 steps. Ask open-ended questions such as 'How could we work together to solve this?', 'What do think you will happen next?'. The more you use these questions with your child, the more ingrained they will become.. Eventually, when faced with a problem, your child will be able to reflect on all of these areas themselves and may independently come



Hereford and Worcester Families magazine is available for online viewing using the following link:

https://issuu.com/familiesonline/docs/famnov-dec_h_w

Inside this month's magazine is a variety of family friendly Christmas crafts, ideas for seasonal acts of kindness and suggestions for new family traditions. It also includes advice for having a 'thrifty' Christmas and how to navigate the festive period if you are a separated parent.