



Pitmaston Primary School

FAMILY SUPPORT NEWSLETTER

Vol.5 (Summer Term 2021)



THRIVE SPOTLIGHT



Last term saw the start of our first ever **FAMILY THRIVE** course here at Pitmaston. As numbers on each course are limited it was opened up to our Reception parents first, and after a successful uptake zoom links were emailed out and resource packs sent home.

Family Thrive is a 6 week course designed specifically for parents/carers, where the fundamentals of Thrive are introduced. Over the six sessions parents/carers learn all about how their child's brain develops, why play and creativity is so important, everyday triggers and how to keep calm, and how to support your child in times of change and emotional difficulty. Our next course will run in the Autumn Term - further details to follow.

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).



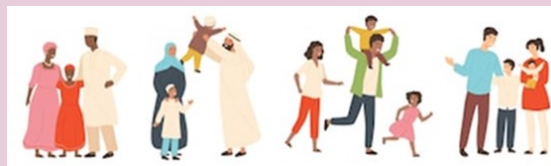
children don't say,
"I had a hard day...
can I talk to you
about it?" They
say, "will you play
with me?"



Dear Parents/Carers. Welcome back after, what I hope, was a lovely Easter break for you all. It was great to see *all* of the children return to school last month—and I'm sure a welcome return to some level of normalcy for parents who have been juggling it all at home.

While restrictions are in place I am unable to meet with parents face-to-face, however our family support service is still available via email [kpusharski@pitmaston.worcs.sch.uk], telephone [01905 423710] or zoom. **Stay safe, Kelethé (Family Support Worker at Pitmaston)**

What is FAMILY SUPPORT?



Family support is about empowering you, as parents, to find solutions and make positive changes to improve home and family life. Support could be for: behaviour, routines, boundaries, relationships, mental health, illness, bereavement, sleep, diet, toileting, housing, money worries, attendance etc.



Alternatives to

TOP TIP: KS1

Alternatives to



"YOU WERE SO GOOD TODAY"

Observe actions: "at Sainsbury's you held on to the trolley the whole way round, and you helped me choose all of those lovely oranges"

Express curiosity: "you seem in a really happy mood today. I'd love to hear what's on your mind"

Model gratitude: "thank you for spending time with me today. I'm really lucky to have you in my life no matter what"

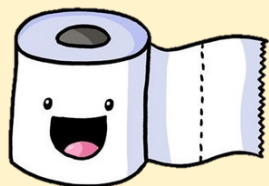
"YOU WERE SO NAUGHTY TODAY"

Observe actions: "in Sainsbury's today we had to stop and pick up all the oranges that fell when you kicked them, so we didn't make it to the park today"

Express curiosity: "you seem a little frustrated today. I'm here if you would like to talk about it"

Model gratitude: "thank you for spending time with me today. I'm really lucky to have you in my life no matter what"

When it comes to toilet training, there isn't usually a 'one-size-fits-all' solution; sometimes it takes a little trial and error of different strategies until you find what works best for you and your child.



With the array of conflicting advice on the internet, toilet training can be an absolute minefield for parents/carers. While some children are completely toilet trained by 3 years of age, others are still getting to grips with the transition from nappy to potty—both are completely normal! Below is some advice from 'eric' (The Children's Bowel and Bladder Charity), specifically aimed at those children who might be considered TOILET AVOIDERS (including children who will only poo in a nappy).

TOP TIP: PRESCHOOL

"Lots of children go through a phase, usually soon after potty training has begun, when they refuse to poo in the potty or toilet and insist on using a nappy. Some children will work it out for themselves, but without intervention some would happily poo in a nappy for years. Here are some tips to help you break the pooing in a nappy habit. If your child insists on using a nappy to poo, DON'T SAY NO, or they will simply try to avoid pooing. Withholding the stools will lead to constipation – which is definitely something to avoid! Let them have the nappy on to do their poo, and work on gradually changing their behaviour.

So, where do I start?

1. Constipation: Constipation often plays a part in potty/toilet avoidance. A big, hard, painful poo will scare the child, and to stop it happening again they simply hold on. Make sure any constipation is really well managed before attempting to change toileting behaviour.

2. Making the toilet less scary: Some children are frightened of the toilet itself. This fear will need to be overcome before they can start learning to sit on it. If your child is scared of the flush, start by flushing it while they stand by the bathroom door, then gradually ask them to come a little closer. When they are near enough, encourage them to put just a little bit of toilet paper in the toilet to flush away. If they are worried about the water splashing back when they use the toilet, show them how to put a layer of toilet paper over the water in the toilet bowl. Create a game with a few bottles of food colouring! Add a few drops to the cistern, then ask your child to guess what colour the water in the toilet will change to when they flush.

3. Learning to sit on the toilet: To start with, sitting on the potty/toilet should have nothing to do with pooing. The emphasis should be on relaxed, happy sitting – when you ask them to do so. To start with this may be a five second sit, once a day, fully clothed. Reward them for sitting and resist the temptation to mention wee or poo! The key now is moving forward gradually, so each little step forward is an achievable goal. You plan when the toilet/potty sitting should take place – aim for 20-30 minutes after each meal as that is the best time to poo, and before bed. Make sure your child's bottom and feet are firmly supported. Over time you'll build up a regular toileting programme, with your child sitting on the potty/toilet for 5-10 minutes four times a day. Keep a bag of special toys in the bathroom ready so they look forward to exploring what's there whenever they sit on the loo. Remember to reward every potty/toilet sit with your agreed system.

4. Next steps: Once you've made sure your child is not constipated, and they can happily sit on the potty/toilet for 5-10 minutes, you're ready to begin working towards them pooing in the right place. The key thing is to work out where they like to poo in their nappy, for example behind the sofa or in the corner of their bedroom, and where you want them to poo – on the potty/toilet. Put as many tiny steps as possible in between until eventually they reach the potty. Each step should be an achievable goal. Be patient – this may take a long time, but it will be worth it!"



Family Learning Courses

Family Learning Courses are **FREE** for everyone

April - July 2021

Please tick "*course free because of Covid plan*" box to book on **FREE**

Please book onto each course by searching for the course title at:

www.worcestershire.gov.uk/courses or call 01905 728537



Courses just for parents to support their child with school

English in Key Stage 1 for Parents

Maths in the Early Years for Parents

Maths in Key Stage 1 for Parents

Maths in Key Stage 2 & 3 for Parents

Courses for parents to enjoy with their child

Science in Key Stage 1 and 2 for Families

STEM course for Parents and their child (Science, Technology, Engineering & Maths)

Cook with your Teenager course

Courses just for parents to support their child at home

Art to Improve your Self-Awareness for Parents

Art to Improve your Wellbeing for Parents

E- Safety Family Course for Parents

Places are limited, so please book your place by searching for the course title at www.worcestershire.gov.uk

For the majority of adults minor embarrassments are just a part of life, but for many children embarrassing experiences can be extremely upsetting and can leave parents wondering **HOW CAN I HELP?** While we can't protect our children from embarrassing moments, something we can do is help to build resilience and confidence so they can deal with in a healthy way.



TOP TIP: KS2

that's embarrassing

Model behaviour: Children look to their significant adults for cues on how to manage embarrassment. Think about how you manage your own embarrassment (do you obsess or dwell on it, do you panic or stay calm) and try to act in the same way you would like your child to act in those moments.

Take the embarrassment seriously: While children can say some pretty funny things, we should try not to tease or make a joke of any embarrassment. Try not to dismiss feelings by making the embarrassment out like its no big deal, and instead validate their feelings "I can see you found that embarrassing; its OK - being embarrassed is a normal response, it happens to us all".

Try not to overreact: Sometimes children just need us to listen, and not act! If a child, who is particularly self-conscious, worries that by sharing their embarrassment with you will lead to parents overacting (i.e.. "that sounds awful", "how dare they", "those kids should be ashamed of laughing at you") it might be that they will hold off sharing anything with you in the first place.

Praise positive skills: While it is important to validate a child's feelings of embarrassment, try not to dwell on it for too long—instead praise them for 'picking themselves back up' and dealing with the scenario in a mature and sensible way. Reframe the experience so that instead of it being negative, it becomes a positive experience—this will help your child identify healthy responses to embarrassment e.g. "I'm so sorry that happened today. I know it was upsetting for you, but I am so proud of how you handled it. It takes a really brave person to continue on when things are hard".

