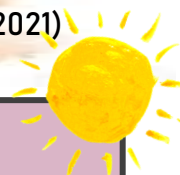




Pitmaston Primary School

FAMILY SUPPORT NEWSLETTER

Vol.7 (Summer Term 2021)



Dear Parents/Carers.



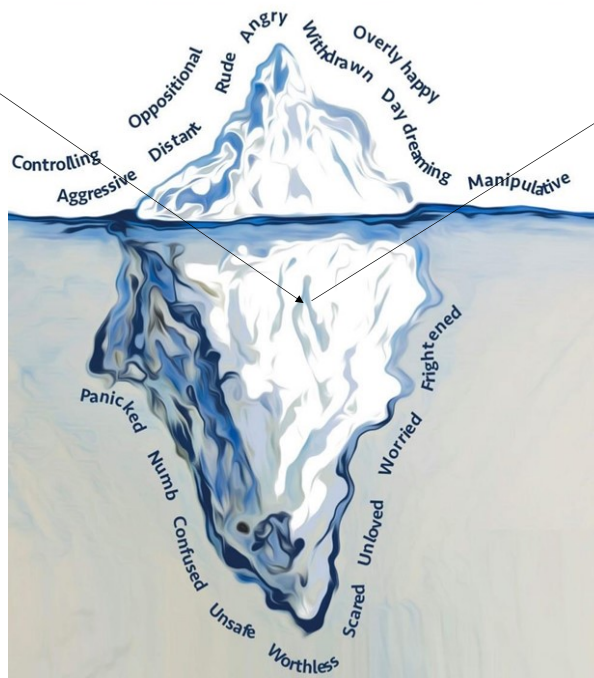
I can't believe we are already coming towards the end of the Summer term and towards the end of this academic year. And what a year it has been! It has been lovely getting to know so many parents over Zoom this year — some of you for 1:1 support, and others during our first ever 'Family Thrive' course. I remain hopeful that I will be able to resume face-to-face drop in sessions at some point in the near future, however for now we continue to follow the advice given by the Local Authority which means our Family Support service remains available via email [kpusharski@pitmaston.worcs.sch.uk] telephone [01905 423710] and zoom.

Stay safe, Kelethé (Family Support Worker at Pitmaston)

HOW TO BRING YOUR CHILD'S 'HIDDEN NEEDS' TO THE SURFACE

WHY DO WE BURY NEEDS BELOW THE SURFACE?

It is human instinct to manage our emotions in a way that makes us feel as protected and as safe as possible. This is why children (and adults) bury 'real' needs deep below the surface - because showing them to the rest of the world would make us feel far too vulnerable! Instead we display behaviours aimed at keeping other people at a safe distance. The needs we have buried get pushed further down and are almost impossible to see—which obviously then makes it really hard, as parents, to meet these needs.



HOW CAN I SUPPORT MY CHILD?

To support your child in feeling safe and calm inside respond to them as though you are responding to their hidden needs, rather than the behaviour that you see. Show them love, empathy, acceptance, understanding and kindness.. Be there with them! The more you do this, the more your child will learn that it is safe to bring those hidden needs to the surface and to share them with others.

THRIVE SPOTLIGHT

Are you interested in learning more about the Thrive Approach?

Next year I will be running more 6-week 'Family Thrive' courses, as well as a new 2-hour workshop for parents called 'Dealing with Disappointment and Uncertainty'. To help plan for next year I am asking parents to complete a short questionnaire, which will ensure we have an informed view of what days and times are best for parents. A link for the questionnaire has been emailed to you with this newsletter. Please take a few moments to respond if you can... your participation will help shape future Thrive parent/carer workshops at Pitmaston!

TOP TIP: PRESCHOOL

Useful 'back to school' tips if you have a child of **ANY AGE**



Get up to date with any health/medical appointments: to prevent having to take your child out of school during those early days use the extra time in the summer holidays to get on top of any doctor, dental or optician appointments.

Practice, practice, practice: over the summer get your child to practice putting their school uniform on and off. As they get used to how it fits and feels, this will help to alleviate any anxiety they might have about these strange new clothes. Getting your child to practice getting dressed in their uniform will also help you gather an idea of how many extra minutes you may need to add to your morning routine!

School shoes: book your appointment for school shoe fitting now to avoid any last minute stress. With the rate that children's feet grow, many parents opt to wait until the very end of the summer ... try not to leave it too late just in case the selected style or size you need is not in stock and needs to be ordered in.



As your child prepares to end their preschool journey and begins to get ready for 'big school' there are a few things you can do over the summer holidays to help them get ready. Getting organised now with some of the more practical elements of starting school will hopefully prevent a last-minute rush or panic—which means you can focus all of your energy on supporting your child with any big emotions they might have as their first day of school approaches.

Haircut: many parents want their child to have a fresh trim as close to the start of term as possible.. but this means hairdressers get very busy at the end of August. Book your haircuts in now to avoid any last minute phoning around.



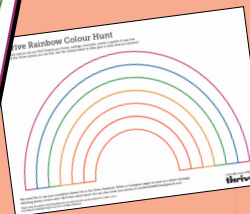
The first morning: give yourself extra time on that first morning to account for any last minute nervous wees, unexpected emotional wobbles, and for that milestone 'First Day of School Photo'.



Labels: labels come in all shapes and forms. You can now get sew in labels, iron on labels and even personalised fabric stamps. Your child will likely be new to uniform, and new to the concept that if you throw your jumper on the floor at school you may need to search through 30 other identical jumpers before you find the right one! Whichever label you are opting for, get them ordered and put into their uniform as soon as you can.... There is nothing quite like the panic the night before school starts as you realise you've forgotten to label everything! Another helpful tip is to think about where the label is going... avoid anywhere that might scratch or irritate your child's skin.



Looking for inspiration on what to do with your child/ren over the summer holidays? Why not get them involved with Thrive's '6 WEEKS OF SUMMER'! Each week has a different theme—nature, mindfulness, music, arts, sports and kindness—and children can choose to tick off one, two or three activities. At the end of the 6 week's there will be a free certificate to download.



You will also find in your inbox Thrive's 'Summer Sensory Treasure Hunt' - great for the smaller ones!



You will find all resources attached to this Newsletters email. If you don't have access to a printer at home and would like a paper copy of the '6 Weeks of Summer' sent home via your child's book bag please email kpusharski@pitmaston.worcs.sch.uk by **Friday 16th July**, stating the name and class of your child.

TOP TIP: KS1

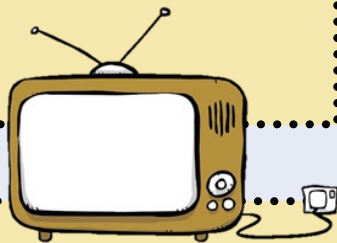


TOP TIP: KS2

We often read 'top tips' for helping babies and toddlers get a better nights sleep, but what about supporting our children as they get older?

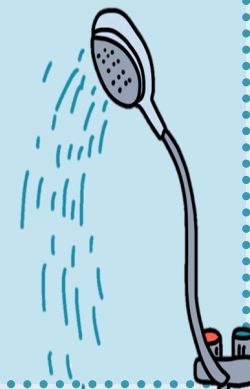
Here are a few top tips for better sleep & the science behind them:

Give your children time to decompress from their day. Our bodies prepare for sleep about 2 hours before our actual bedtime. Things like afterschool clubs, swimming lessons, homework etc. can take up a lot of time, but try to set aside at least 1-2 hours before bed where your child can switch off from anything that keeps the neurons in the brain firing!



For many children (and adults) our go-to decompression/relaxation activity is watching a film or a favourite TV show. Science shows us again and again that computers and tablets emit blue light—which we have learnt impacts sleep quality and alertness by disrupting our natural melatonin rhythm (which is critical in helping us fall asleep, stay asleep and wake up feeling refreshed). While we might have the best intentions, it's not always easy or practical for busy parents to avoid TV time altogether. However, at these times instead of letting your child unwind with an iPad or computer, try and opt for the TV instead—generally we sit further away from the TV and it does not give off the same type of light as a handheld device.

A warm bath or shower can support your child in falling asleep by dropping their core body temperature, which research shows supports the ability to fall into a deep sleep. Yes—that's right—encasing ourselves in warm water actually *lowers* our body temperature. When we take a warm bath/shower our body responds by dilating our blood vessels and directing blood flow to the skin, which quickly releases heat from our body, thus lowering our core temperature.



Stay out of bed until it's time to fall asleep. It can be tempting, especially with multiple children and therefore multiple bedtimes, to leave our children 'chilling' in their rooms, often lying on their beds, until it's time for sleep. However, research suggests that the more time they spend in bed/on their bed before sleep, the more their body gets used to being awake in bed. Try and get your child out of their bedrooms for their 'decompression' time, and if that's just not possible why not opt for a chair/beanbag/pillow-fort in their room and suggest that they use that for chill-time instead of lying on their bed.



Give your child a last snack before bed. Something which is low in fat is ideal (as fat can cause night-time acid reflux) and keep an eye on sugar content (sugar = energy!) A light carbohydrate or protein snack is ideal, such as an apple, banana, yoghurt, boiled egg, cheese, dry cereal, granola bar etc. This will stop any night time waking caused by hunger.

