



Pitmaston Primary School

FAMILY SUPPORT NEWSLETTER

Vol.8 (Autumn Term 2021)



Dear Parents/Carers.

A warm welcome back to all of our Pitmaston parents and carers. It has been so lovely to watch the new Preschool and Reception children settle into life at school and I am looking forward to meeting more parents as the weeks go by.

I am really pleased to share that as a school we are trying to get back to 'normal' as much as possible, and this includes the return of our Family Support weekly drop in sessions every Friday morning. No appointment is necessary for these sessions - just pop by the office after morning drop-off and ask to speak to Kelethé, the Family Support Worker. If you would still prefer not to meet face-to-face at this time, appointments can still be arranged to take place via zoom or over the telephone.

Kelethé (Family Support Worker at Pitmaston)

To make an appointment please contact me via telephone [01905 423710] or through my direct email address [kpusharski@pitmaston.worcs.sch.uk].

FSW DROP IN—FRIDAY MORNINGS

No appointment needed; just pop by the office after morning drop off and ask to speak with Kelethé (Family Support Worker)



Using playfulness in transitions

Adding playfulness during transitions turns off the alarm center of the brain, allowing children to feel safe and secure.

@seed.and.sew



It's time to go upstairs to get ready for bed. Would you like to fly like a bird or hop like a rabbit?



Oh no! The floor is lava! How are you going to get to the kitchen?



Dinner is ready! Let's get into our canoe and row to the table.



Can you get to the car in only ten steps?



I'm going to turn on our favorite song. Do you think we can get the playroom cleaned up before the song is over?



NEW PARENT WORKSHOP
FOR THE AUTUMN TERM

"DEALING WITH DISAPPOINTMENT AND UNCERTAINTY"

Later this term I will be running a parent/carer workshop called 'Dealing with Disappointment and Uncertainty'. This course, created by Thrive, aims to deepen parents/carers understanding of how children experience and respond to change, disruption, disappointment and uncertainty. The aim of this 2-hour workshop is to present parents/carers with knowledge and resources that will help in managing their child's expectations, and will support parents to feel equipped in responding to children's emotional distress in a supportive and helpful way. Watch this space for further details of when the workshop will run!



TOP TIPS FOR MORNING DROP-OFF



It is not uncommon for children in those early days of school / preschool to find separating from parents in the morning particularly difficult. Some of the tips below might help to make this transition a little easier for them (and for you):

BECOME AN EARLY BIRD: Try to ensure your morning routine isn't rushed and chaotic (easier said than done, I know!). Young children are like little sponges and will pick up on the mood in the house. If you are rushing and fretting to get out of the door on time this sets a negative tone for the morning which is likely to impact how your child feels at drop-off.



FILL THEIR BUCKET: If you pre-empt your child is going to have a difficult morning, take a few moments before getting to their class line to 'fill up their bucket' with everything they need for the day— give a few extra tight squeezes or kisses on their hand or blow some 'brave' into their ears .. explain that these are to be saved for later to use in case they miss you.



LEARN THE DAYS OF THE WEEK: Young children are still learning the concept of different days of the week. Prepare them the night before by explaining what will happen in the morning i.e. explain if it will be a 'school day' or a 'family day'. For children who have different people pick up on various days (e.g. grandad on Thursday, or childminder every other day) then you might find a visual timeline helpful. This could have photos for each day of the week, to represent what day it is, and who will be collecting if it's a school day. Please speak to Kelethé if you would like some help with this!



HUG BUTTONS: Draw a small heart on their hand, and a matching one on yours ... these are your 'hug' buttons. Charge them up by holding hands on the walk into school and then whenever they miss you during the day they can press the button and it will send you a hug, and vice versa. If your child is worried about their heart washing off during the day, why not try a hug button or zipper instead!



VALIDATE THEIR FEELINGS: Make sure your child knows that *you know* how hard it is! Acknowledge their feelings by telling them how hard it is, referring to examples of when you were young e.g. 'I know it's really hard, mummy used to get worried too when she first started school'.



SHORT AND SWEET: Try not to prolong the morning goodbye. A long drawn-out goodbye only increases a child's anxiety. A last hug and kiss, and a reminder that you can't wait to see them after school is perfect. Staff will always be close by to help support your child by taking their hand and steering them in the right direction.

TALK TO OTHER PARENTS: Don't be afraid to chat to other parents on the park. Share thoughts and ideas about drop-off with one another. This also serves another purpose ...

as your child watches you chat to others, it models to them how to form friendships. As your child develops friendships in school it will increase their excitement for coming in each day which in turn will make those morning drop offs feel easier.



PREPARATION IS KEY: Try to get as much prepared the night before as you can. Uniform, book bags, lunches etc.

This will help the morning routine run much smoother, which in turn creates a calmer start to the day and helps your child (and you!) feel more relaxed at handover.



CREATE A GOODBYE RITUAL: This could be something simple like a 'last kiss and cuddle' each time you drop off, or maybe a secret handshake that you create together. You could have a 'hello ritual' too, where the same technique is repeated at the end of the day. Over time this will help to reassure your child that the school day doesn't last forever and eventually mummy/daddy will be there to pick them up.



USE THE SENSES: Spray some perfume on your child's sleeve—if they miss you they can give it a smell to feel close to you.



TRY NOT TO WORRY! It can seem like things aren't getting better and you may worry that your child should have settled by now. Try not to compare them with others; remember that each child is unique and will work towards their own timeframe. If you would like to chat about this further please speak to your child's class teacher, or pop along to the Family Support drop in session on a Friday morning.

