



# FAMILY SUPPORT NEWSLETTER

Vol.10 (Spring Term 2022)

## THRIVE SPOTLIGHT

### DEALING WITH DISAPPOINTMENT & UNCERTAINTY

A 2-hour workshop for parents/carers, created by **thrive** delivered by our school Family Support Worker, Kelethe Pusharski



Would you like to learn more about how to support your child in managing feelings of disappointment?

Would you like to help them feel steady during times of uncertainty and anxiety?

#### tell me more

This short course aims to give parents/carers:

- an insight into the impact that disappointments may have on your child
- awareness of the possible effects that significant routine changes or uncertainty may have on your child
- ideas for how to prepare your child for disappointment - helping them to anticipate, and you to respond
- a greater awareness of your own needs and resources

when? **Tuesday 22<sup>nd</sup> March @ 1 – 3pm**

or

**Friday 1<sup>st</sup> April @ 1 – 3pm**

Please contact Kelethe for more information about the course or to sign up for one of the dates above:

**KPusharski@pitmaston.worcs.sch.uk**

Numbers will be limited, so places will be offered on a first come first served basis.



Dear Parents/Carers,

I hope that everyone enjoyed the short break from their normal routine over half term. Coming back into school there is a definite buzz! - the sun is starting to shine a little bit more, the days are getting longer, and it feels like things are almost 'normal' again after all of the COVID restrictions we have been living with for the past 2 years. It has been great to welcome parents back into school on a more regular basis for face-to-face discussions, meetings and support. With that in mind, I am pleased to share with parents that during this half term I will be running a workshop for all parents and carers, called 'Dealing with Disappointment and Uncertainty'. This is a 2-hour workshop that will support parents in better understanding how your child processes disappointment, uncertainty and anxiety, and will equip you with knowledge and resources in how to help your child feel steady during these times. Check your emails for the poster, along with further details about the workshop and how to sign up!

Kelethe (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].

**FAMILY SUPPORT DROP IN: EVERY FRIDAY MORNING AFTER DROP OFF**

*No appointment needed; just pop by the office after morning drop off and ask to speak with Kelethe / the Family Support Worker.*



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PRESCHOOL

## TOP TIPS FOR BEDTIMES

*For many parents, bedtime can be one of the most draining parts of the day. Everyone is tired, emotions are high, and it feels like your child will do absolutely ANYTHING to drag out the bedtime routine! If your child resists going to bed, or constantly gets back out once you have said goodnight, it can become tedious very quickly and may leave you feeling extremely frustrated. The following includes things to AVOID saying next time you are faced with resistance at bedtime, and what you could TRY to say instead.*



**AVOID PUNISHING:** "I'm walking out now and I'm NOT coming back. Go to sleep!"



**TRY CHECKING IN:** "I'm walking out and I will return in a few minutes. I will give you another kiss and then leave again"



**AVOID LECTURING:** "Urgh! You do this every night. You need to stop it now"



**TRY CURIOSITY:** "Bedtime can be really tough, can't it? I wonder what would make this easier for you?"



**AVOID BRIBING:** "If you stop crying I'll give you sweets in the morning"



**TRY WELCOMING:** "I see your tears. Bedtime is tough. You don't want me to leave".



**AVOID THREATS:** "If you don't stop crying I'm going to leave"



**TRY SAFETY:** "I won't leave you alone. Even if I'm not in the room with you, I am still close by inside the house."

Your child wanting you at night does not make them a bad kid.



You wanting your child to sleep at night does not make you a bad parent.

To help parents, family and caregivers navigate the overwhelming task of responding to children's fears and worries, Ane Lemche, a psychologist and child counsellor at Save the Children, shares five tips on how to speak to children about war:

Save the Children

### HOW TO TALK TO CHILDREN ABOUT WAR

5 tips from a psychologist and child counselor →



#### 1. MAKE TIME AND LISTEN

Give children the space to talk when they want to - even if you're in the middle of something else!

Encourage them to tell you what they know, how they feel and to ask you questions.



#### 2. TAILOR THE CONVERSATION TO THE CHILD

Older children will need more details while younger ones may be satisfied just by understanding that sometimes countries fight.

Be informed, keep calm and answer questions honestly.

Begin with simple information as too much detail may overwhelm them and cause anxiety.



#### 3. VALIDATE THEIR FEELINGS

Speak to the child about how they feel.

It is important that children feel supported in the conversation. They should not feel judged or have their concerns dismissed.

When children have the chance to have an open and honest conversation about things upsetting them, they can feel relieved.



#### 4. REASSURE THEM

Remind them this is not their problem to solve. Adults all over the world are working hard to fix this.

They shouldn't feel guilty playing, seeing their friends and doing the things that make them feel happy.



#### 5. GIVE THEM A PRACTICAL WAY TO HELP

For example, they could start fundraisers, write letters to local decision-makers or create drawings calling for peace.

Children who have the opportunity to help can feel like they are part of the solution instead of feeling helpless.



## HOW TO SET LIMITS ON SCREEN TIME



*When thinking about screen time, it can be tempting to start counting hours. Instead, try to take all factors into consideration—is your child sleeping enough? do they have a balanced diet? are they active each day? do they keep in touch with friends? are they keeping up with homework? After looking at all of these factors you might then decide you don't need new limits on your child's screen time—or—you might realise that you need to get a lot stricter! Try this approach with your child to build healthy boundaries around screen time:*

- ◆ Start with compassion: try and recognise that for some children screen time can be a source of comfort or entertainment. Let your child know you understand this.
- ◆ Offer additional screen time as a reward: use screen time to your advantage and make it an incentive for good behaviour. Set clear boundaries by telling your child exactly what is necessary to earn the extra screen time e.g. staying in bed all night will earn them an extra 10 minutes screen time the next day.
- ◆ Brain storm alternatives: rather than simply telling your child they can't do something, suggest ideas of what to do instead. Come up with a list of ideas together; ideas that they can refer to each time they are 'bored'.
- ◆ Model healthy screen time: set aside your own device. Model to your child that taking a break and limiting screen time can be good for your mental wellbeing.
- ◆ Review the rules: it can be helpful to reevaluate screen limits every so often. Go back to those questions at the start (are they sleeping, are they active etc.) and adjust your child's screen time limit accordingly to ensure a healthy balance.



## WHEN SHOULD YOU GIVE IN AND GET YOUR CHILD A PHONE?

*Obviously, there is no black and white answer to this. For each child, there will be many different factors at play.... do they walk home alone? do they have older siblings with phones? how mature are they? how much do they really understand about what the technology means?*

### WHAT SHOULD I CONSIDER?

Jerry Bubrick, a clinical psychologist at the Child Mind Institute, recommends parents consider the following factors:

- ◆ How often does your child lose things? Are they usually expensive things? If you tell them it's something really important, do they take special care of it?
- ◆ What does your child understand about money? How do they handle money? Will they be playing a game and want to buy add-ons without considering the cost?
- ◆ How easily does your child pick up on social cues? If they are slower to catch on, this trait could be aggravated by group texting and posting on social media.
- ◆ How tech savvy is your child? Do they fully understand that things on the internet are there forever?
- ◆ How well does your child do with limits to screen time? Will they struggle to put the phone down?

### I THINK MY CHILD IS READY.. WHAT NEXT?

- ◆ Establish some rules: tell your child you are to know the password and have the right to take the device away if they aren't using it wisely.
- ◆ Set limits on screen time. This is especially important if your child has difficulty breaking away from a screen.
- ◆ Specify times of day when the phone is not allowed i.e. meal times, homework, bedtime, family time.
- ◆ Agree on what the consequence will be if the phone is lost or broken? Will it be replaced? Who will pay for it?
- ◆ Strongly encourage your child not to use the phone for important or emotional conversations... encourage these to take place face-to-face. Phones shouldn't be used to hide or escape from uncomfortable situations.

**TOP TIPS**

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## WOULD YOU LIKE TO HELP SHAPE SUPPORT FOR FAMILIES IN WORCESTERSHIRE?

Worcestershire County Council are currently reviewing their offer of support for families, from pregnancy to their child's early years, to support the development of Worcestershire's 'Start for Life' offer. They are hoping to hear from Worcestershire families to better understand what is important to you, what you would like more support with, and how you would prefer to access support to help give your family the best start. If you wish to share your views, copy the following link into your browser anytime before Friday 11th March.

<https://www.surveymonkey.co.uk/r/WorcestershireSFL>



WE'RE ALL IMPERFECT PARENTS  
AND THAT'S PERFECTLY OK.  
TINY HUMANS NEED  
CONNECTION NOT PERFECTION.

~LRKnostr



## FREE COURSES FOR PARENTS:

I have recently been in touch with the AIM group, who are using Government funding from the Adult Education Budget, to offer FREE online accredited courses for parents.

These courses will help parents better understand some key issues surrounding the mental health and wellbeing of children and young people.

There are over 30 courses to choose from, and some of the most popular courses on offer are 'Understanding Autism', 'Understanding Children and Young Peoples Mental Health', 'Understanding Behaviour That Challenges', 'Understanding Specific Learning Difficulties (ADHD, ADD, Dyslexia and Dyscalculia)'.

The only criteria is that you are aged 19+, have lived in the UK/EU for 3+ years, and are not already on a Government funded course (such as an apprenticeship).

If you are interested in learning more, copy the following link into your browser—this will take you to a registration form, following which you will be contacted with further details.

<https://theaimgroup.co.uk/booking-form/0014J00000fjGRL>

## WEBSITE RECOMMENDATION:

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

A great website for parents wanting 'down-to-earth' parenting advice — either through the range of parenting articles available to browse, or via the free 1:1 parenting coach chat service. Visit [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk) and click the **1:1 chat** button to ask a question and one of the parenting coaches will reply as soon as they are free.



**Parent Talk**