



FAMILY SUPPORT NEWSLETTER



Vol.11 (Summer Term 2022)

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 Kelethé / the Family Support Worker.

Dear Parents/Carers,

I can't believe its another half term done and dusted!

It's been a busy one this half term, with the start of our 'Family Thrive' course. A small group of parents are now half way through the 6-week course, learning all about how children's stress regulation systems develop and how we can use this knowledge to support our children when they become upset, angry or overwhelmed. Further courses for parents will run during the next academic year, so keep an eye on the Family Support Newsletters for details on when these events will take place.

I hope you are looking forward to a short break from the school run over the next week. The weather forecast seems to be changing on a daily basis, so if you are worried about things to do on a rainy day that fit within your budget, please check out the 'Top Tips' section for a few ideas! There are also lots of local events happening over the next week, including various Jubilee celebrations.. more details of which can be found in the most recent 'Families' magazine or on www.visitworcestershireshire.org

As always, I am here to support you, as parents, so please pop by, phone or email if you are worried about anything or need some advice about your child.

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].

Use this link to access the latest edition of the 'Families' Magazine for Hereford & Worcester:

https://issuu.com/familiesonline/docs/famh_wmayjune22digital



EARLY HELP IN
WORCESTERSHIRE -
SUPPORT FOR FAMILIES
FIND OUT MORE ONLINE:

WWW.WORCESTERSHIRE.GOV.UK/EARLYHELP





The importance of self care:

As parents, we naturally prioritise the needs of our family and others ahead of our own wellbeing — often pushing ourselves to our absolute limit! We read about 'self-care' and wonder how that's even possible? However, without small moments of 'self-care' we can easily become emotionally overwhelmed and physically exhausted. It goes without saying, but under these conditions we aren't going to be the best parent we can be! Children are considered egocentric beings, thinking the world revolves around them. They aren't quite developmentally capable of understanding that grown-ups have limits to their energy and focus—they think you have an unlimited supply! This is why it is SO important to set boundaries with your child! Setting these boundaries as to when they can and can't have your full attention (e.g. after they've been put in bed) will ensure that your needs are met too!



CHAOTIC MORNINGS? RELUCTANT CHILD? ARE YOU ALWAYS IN A RUSH?

Did you know that repeatedly telling your child to “hurry up” can make them feel frozen, anxious and unable to think about the next move.



Here a few tips to help make your mornings run a little smoother...

- 1. GIVE THEM A SPECIFIC TASK THAT THEY NEED TO DO NEXT:** The more specific you are, the easier it will be for your child to complete the task. *e.g. “first I need you to get your socks on. Then I need you to run over here and tell me you are done”.*
- 2. APPEAL TO THEIR RATIONAL BRAIN. TELL THEM WHY YOU NEED TO GET GOING:** *e.g. “If we don’t get your socks and shoes on we will get stuck in traffic. If we get stuck in traffic you will be late for school”.*
- 3. CONNECT THEN REQUEST:** Before you ask your child to do anything, take a minute to join their world first to ensure you have their full attention. *e.g. “Ah I see you are playing with your dolls and cars! What are they doing? I want to let you know that it’s time to get ready for school now. Our first task is getting your socks on!”*
- 4. USE PLAYFULNESS TO MOVE ALONG:** Playfulness is extremely useful in lightening the mood and getting your child ready to move along in the morning routine. *e.g. “The train is leaving the station in 2 minutes! I need all my passengers ready to go! Shout ‘YES’ if you are ready to board the train!”.*



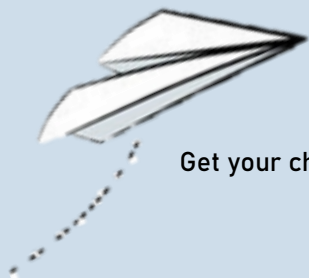
IDEAS FOR A RAINY DAY

Get some friends together and create a summer Sports Day using items from around the home... a sack race with a pillow case, a tug of war with a dressing gown belt. Use your imagination!

Get the kids involved in a clothes sort out. Have a fashion show where they can try on some of their older clothes to see if they still fit. Donate anything no longer needed.

Have a cinema afternoon. Shut the curtains, cover the floor with cushions and blankets, and put a film on. If you're feeling creative you could make some simple entry tickets or popcorn vouchers, and watch the kids get excited exchanging them for treats before the film starts.

Go indoor camping! Help your child create some stars from card and paint (or even tin foil), lay out some blankets/sleeping bags, grab a torch and imagine you are camping under the stars. You could even pretend to roast some marshmallows on sticks!



Make paper aeroplanes and have a competition to see who can fly theirs the furthest.

Get your child to time how long it takes for 10 cars to pass by the window. See if this time can be beaten the next day, and the next!

Have a go at birdwatching and learn the names of birds in your garden.



Encourage your children to put on a play or magic show. This could occupy them for an hour or be spread over a few days e.g. time could be spent making props, or designing a poster or tickets for their show. If you have a camera you could film it to watch it on another day (you could even pretend to have a movie premiere and get dressed into fancy clothes to watch it and give out awards!).



Search the charity shops for new board games, puzzles or craft items.

Build a den with boxes, cushions, blankets etc.



Create some recycled fashion. Collect old loo rolls, yoghurt pots, newspapers and let your child design you a fun outfit.

Create an "I'm bored" box. On bits of paper write down a range of activities (e.g. read a book, colour a picture, complete a jigsaw, watch a film, play on the Wii - you could even get your child to contribute some ideas). Whenever you hear the words "I'm bored" direct them to the box to pick out an activity at random. Make sure they continue with the activity for a certain agreed time (10, 15, 20 minutes) before they are allowed to utter the words "I'm bored" again!

Freeze a small toy animal in the middle of a block of ice (use an old ice cream tub) and let your child chisel away with a spoon until they 'save' the animal!

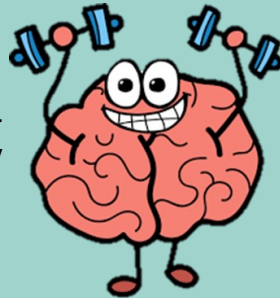


THRIVE SPOTLIGHT

Just a hug?

HUGS CAN MAKE YOU SMARTER

Numerous studies have shown that physical touch, such as hugging, is vital to healthy brain growth.



HUGS HELP YOU TO GROW

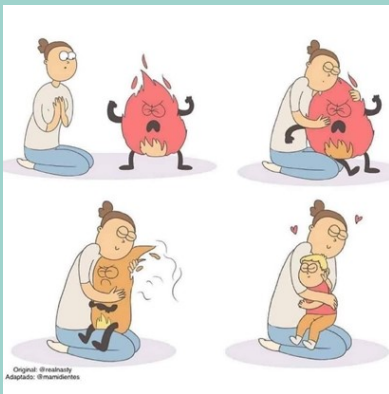
Not only does physical touch helps our brains grow, but it also helps our bodies grow. Each hug triggers the release of oxytocin, which stimulates physical growth.

HUGS KEEP YOU HEALTHY

Increased levels of oxytocin in the body strengthens our immune system by lowering plasma levels of thyroid hormones and decreasing inflammation causing wounds to heal faster.

HUGS CAN HELP REGULATE BIG EMOTIONS

Hugging a child who is misbehaving, is not the same as 'giving in'. When children become upset, angry, scared or overwhelmed their



'thinking' part of the brain becomes disconnected from their 'emotional' and 'physiological' parts of the brain. In these moments trying to reason with your child simply won't work. A hug will releases oxytocin into the body, which reduces stress and relives anxiety... then, when your child is ready, you can talk to them and work through what the problem is.

SELF-CARE TIPS FROM PIXAR CHARACTERS



LIVE EVERY
MOMENT



COOK SOMETHING YUMMY!



SING A SONG!



TALK TO A FRIEND



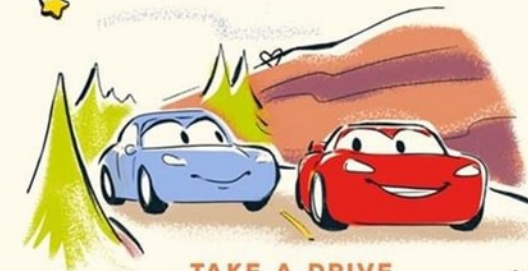
FIND JOY IN THE
SMALL THINGS!



DANCE!



GO FOR A RUN!



TAKE A DRIVE



WRITE IN YOUR
DREAM JOURNAL



READ A BOOK



MEDITATE