

Early Intervention Family Worker Tips and Ideas Monday 15th June – Friday 19th June

Good Afternoon,

I hope that you are all well and have all been enjoying the lovely sunshine over the weekend.

We have had feedback from parents and schools about how well those children that have returned to school have transitioned in, which has been fantastic to hear. I know the schools have been working extremely hard to make sure that their settings have lots in place to follow the government guidelines to keep everyone safe. For those parents with children in year 6 we are currently preparing to try and get support in place for children in this year that are moving up to secondary schools in September. Please do get in touch if you or your child is worried about this transition.

Stay safe

Zoe – Early Intervention Family Worker

As well as thinking about the children or young people in your care, it is important to take care of your own mental health and well-being. Children react in part, to what they see from the adults around them. When parents deal with a situation calmly and confidently, they can provide the best support for their children. **Every Mind Matters** has clear advice and actions to take care of your mental health and wellbeing.

Home schooling during COVID 19 - School work battles

This has come up a lot during lockdown – see below some top tips for reducing school work battles:

- Set up a home schooling work space – have a separate space/desk where work is done, if you don't have the space use a cloth on the table or a sign to indicate that its school time.
- Try and bring some of the school structure to the child's day at home, plan lessons, break times and outdoor playtime
- Have a visual routine for the day so children can see what is happening and when
- Screen time – set daily limits for screen time. When using tablets/computers for school work try these in the afternoon rather than within the morning routine.
- Learning supports daily: PE with Joe which is released every-day at 9am, fine motor activities with Kim released at 11am each day, Phonics with Ruth Miskin daily sessions at different levels.
- Speak to the school – if you are really struggling to get your child/children to complete school work at home do not suffer in silence do speak to your school and they will support you with this
- Use the time at home with your children to teach life skills while you have the time with them at home. Fun activities such as Cooking and Gardening can cover areas of the curriculum in a hands on learning approach for the children

Early Intervention Family Worker

If you would like more information or if you have other questions, please don't hesitate to contact me.

Zoe Hope

Early intervention Family worker

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Positive Parenting – Resistance in going to bed

This is something that comes up a lot, so I thought I would share for this week's top tips for managing resistance in going to bed, this may be one that comes up before the transition back into school especially if routines have been relaxed over the lockdown.

Top Tips –

- Be consistent – try to stick to the routine as much as you can daily
- Have a good bedtime routine – involve your child in planning this

Bedtime routine Step by Step:

1. Decide on a bedtime – keep in mind needs for sleep as well as ages. Use a clock printout and complete with your child/children so it's a visual reminder for children on their bedtime routine.
2. Winding down routine – 1 hour before bedtime. This could include a warm bath, calming music, or quiet play. Rituals have a calming effect and can help ease separation fears.
3. Give a warning 10/15 minutes before bedtime
4. Be firm and ignore protests – unless they are sick.
5. Check in's – arrange if they don't call out you will check in after 5 minutes then 10 minutes etc until they are asleep. By telling them you are coming back re-assures them.
6. Night lights and security objects – give a sense of security, (they usually only need these for a short period).
7. Set up a reinforcement programme – for example a sticker program with praise for going to bed and staying in their rooms.
8. If they wander around then return them to their room without discussion. A strategy for those that try and push boundaries could be every minute they are out of their room they are in bed 1 minute earlier the next day.