

How to support at home

Establishing a routine at home is vital. Having a routine each day will help set clear boundaries and expectations.



Timetable: This can help parents and children to find a balance. Visually seeing what is expected can also help reduce anxiety and confusion about what is expected. Everyone's timetable will look different and be individual. Think about what work for you and your family.



Creating a workspace: Try to create a working space at home. Somewhere that is comfortable, with a table and a chair, minimum distractions and keep the essentials at arm's reach. E.g. Papers, pens, Ipad changer, post-its etc. Make the school learning zone different to the fun zones. Everything could go into a tray when learning is finished.

Praise: This is a challenging time for all of us. So, lots of specific praise is really important. When your child shows you something they have built, made or done, be specific in your response. "Well done, I can see you've spent a long time putting that together." "I love the colours you have used, it makes the flowers really stand out." Giving specific praise helps to show the children that you are interested in what they have achieved. It also shows them what they have done well and encourages them to make good choices again.

Special time/Rewards: On the timetable ensure special time and rewards are identified. Rewards should be planned not part of a bribe.

Behaviour: Remember all behaviour is a form of communication. Ensure your child knows what behaviour is unacceptable. Remind them of the good choices. Try to focus on the positive. "Tim, when you read this morning that made me really happy. You said the sounds and really tried hard. What does the timetable say we are doing now?"

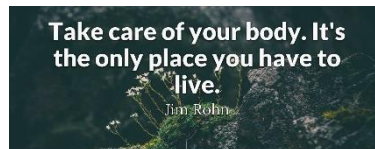
Distraction: Distraction can be a really useful behaviour technique. Tell jokes, use humour, get the child involved in something different, if possible ignore the minor things.



Connect: Timetable some special time to talk about the things you use to do as a child. Dig out the old photographs and videos. What games did you play? Who was your best friend? Talk about what Nan and Grandad were like as parents? What were their rules? Best memories? Old pets? Etc. Allow your child to discuss topics of interest. Really listen and show you are interested in what they have to talk about. Building and maintaining positive relationships is important for all our wellbeing.

Devices: Be clear when devices are for school and when their free time is. Ensure there is sometime in the day away from a screen.

Get physical: Regular exercise can lift your mood and help you stay in a positive mental place. Physical exercise can also help children regain their focus and burn off extra energy. Schedule this into the day.



Diet: Everyone needs a varied diet. Children need lots of nutrients to help their development. Some research suggests that eating a variety of healthy foods, help keep the mind happy and healthy. If children are wanting to snack throughout the day it may be a good idea to set a food menu so they know what is for breakfast, lunch and dinner. Some parents find it helpful to put the days snacks in a box so their children know what snacks they have. Once they are gone, they are gone!

Getting children involved: Encouraging your child to help fold the laundry, cut the fruit or vegetables, sweep the floor, clean the bath etc. It doesn't matter if they haven't done it as you would of, what matters is they tried to help.

Sleep: Sticking to a bedtime routine and getting a good night's sleep is vital. Sleep is important as it enables us to repair ourselves and to function in everyday activities. Our mental wellbeing, our energy levels and our ability to cope is better when we get sufficient sleep.

*prioritizing
good
sleep
is good
self love.*

Parents: Take one day at a time! We know you are not a teacher. We know you didn't sign up for this. We understand it is really hard at the moment. Please try to give your self a break. If you don't get everything done then that's ok. Try to take some time for yourself. Have a bath, read a book, enjoy a film, or phone a friend. Remember you need to be physically and mentally well too. **You can do this!!!!**



Useful links:

Parent resilience: 11/02/2021 - 25/02/2021 | Parental Resilience Via ZOOM | 10am - 11:30am | FREE - Please click the link below to book

<https://www.maidstonemind.org/parental-resilience-course/>

<https://www.livesinthebalance.org/parents-families>

<https://www.turn2us.org.uk/About-Us/News/Useful-phone-numbers-to-signpost-people-to>

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/>

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/understanding-behaviour>

Resources:

Now - Next - Then

One day timetable

Weekly timetable

Reward chart

Check in - Zones of Regulation Chart

For any additional resources please contact the school.