

Keeping Calm and Providing Supportive Parenting

These are challenging and unexpected times for families struggling with a growing list of major life issues including job loss, illness, financial loss, cancellations, school closures, and figuring out how to provide child care while working, or trying to work from home with children in the house. The goal is to stay safe and calm and figure out how to deal with this new life that will be anything but normal for a while. Here are a few tips for parents to consider with regards to keeping their children physically and mentally secure:

- >> Talking is really important. This time is anxiety provoking for everyone. Children will absorb the stress and worry about what they hear from their parents, peers, the news, and other adults. They will need parents to help filter and interpret the situation and to help reassure them that they are safe and cared for.
- >> If your children are home due to school closures, set up basic expectations. Just like your child's teachers do, post a timetable on the fridge or somewhere that everyone can see. Predictable routines help children feel safe, reduce their stress, and prevent power struggles.
- >> Don't change your child's bedtime routine because there is no school. Poor sleep will increase children's anxiety.
- >> Ask children to help around the house by giving them a daily chore or special job challenge (sorting out/cleaning toys/sorting out their clothes drawers, or helping with a younger sibling). Depending on your household, this can be framed as a way to help the family during a challenging time, or as a way for your child to make some extra pocket money.
- >> Above all else, be kind and forgiving to yourself.

Fun activities for kids to try at home

- :) Make a cosy corner with a blanket and a pillow and read your favourite book to one of your stuffed animals. If you have a real animal pet that likes to cuddle, read to your pet.
- :) Do 10 jumping jacks as fast as you can. Then lie on the floor or couch and take 10 deep breaths to relax and calm down.
- :) Draw a picture for someone that you think might be lonely (a grandparent, a friend, or a neighbour). Ask an adult to help you send it on a device.
- :) Ask if you can help cook something with an adult.
- :) Ask permission to find a new dance on the internet and learn how to do it. Perform it for someone in your family.
- :) Draw a picture of your happy place. Tape it up somewhere in your room where you can see it and look at it when you are feeling worried or upset.
- :) Ask if you can Facetime a friend and get parents to arrange this.

"Descriptive commenting" is a great way to strengthen children's language skills and positive play. (Try these when reading or playing with your child).

Objects/Actions comment on colours, counting, shapes, names of objects, sizes of things. Remember this can be when reading a story too. e.g. "There are 1,2, 3 dinosaurs in a row".

Persistence: comment on how they playing/reading. Working hard, concentrating, focusing, calm, patient, trying again, ready well. e.g. "you are staying calm and trying again" or "you are really concentrating on your book".

Behaviours: comment on your child's behaviours such as following directions, listening, independence, e.g. "you really listened-well done" and "you figured that out all by yourself".

Rainbow Power This Easter Time

You may have noticed them in your neighbour's windows or read about them on the news.

Children and families are making rainbows across the country and the world. The colourful arks are to show messages of positivity and kind messages.

Others have been thanking the key workers helping us all :)

Why not try this with your family. Our Easter version is included on the third page of this issue to be coloured in and decorated.



Home Learning

These links have been taken from Peterborough City Councils Families Information Service Page (link to which is included in the Useful Links section at the bottom of the page) Please visits for lots more!

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.



Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of cool educational videos

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

DK Find Out

<https://www.dkfindout.com/uk/>

Activities and quizzes

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Reading With CARE



Comment on what they are reading or reading about using descriptive commenting to encourage them to talk about the subject, story, pictures in the book.



Ask open-ended questions about the characters, story plot, subject, pictures or scenario.



Respond with praise and encouragement to your child's thinking and responses.



Expand on what your child says. Suggest links to other things in the story or help your child imagine what might happen next.

Useful Links for extra support:

The Mental Health and Emotional Wellbeing Service for Children and Young People are offering Virtual Drop-In timetable to be passed onto any Parents or children or young people needing support during these trying times.



	Monday	Tuesday	Wednesday	Thursday	Friday
9am – 11am	Karen Martin 07958283935	Sam Frearson 07538 230749	Kate Dorward 07538 230754	Sam Carrier 07538 230731	Sam Frearson 07538 230749
3pm – 5pm	Heather Simlo 07538 230746	Sam Carrier 07538 230731	Heather Simlo 07538 230746	Kate Dorward 07538 230754	Karen Martin 07958 283935



Peterborough City Council's Coronavirus (COVID-19) Health advice page can be found by visiting

<https://www.peterborough.gov.uk/healthcare/public-health/coronavirus/coronavirus-public-advice>

Cambridgeshire & Peterborough



There are a number of useful service and resources on the **Keep-Your-Head website for Adult, Child & Young People and Professional's Mental Wellbeing**: <https://www.keep-your-head.com/>



Families Information Service: Early Years and Childcare page is fantastic resource for parents. This can be found at <https://fis.peterborough.gov.uk/kb5/peterborough/directory/family.page?familychannel=1>

