

FOCUS: TEENS

This week we wanted to include useful and supportive information on teens and how best to use this time to positively benefit your relationship with them.

There are plenty of useful things for younger children included in the rest of the newsletter: like our all ages tips (right).

Children develop their skills best when they have a warm, predictable and secure family environment, and teenagers are no different. It can take time to form quality relationships with them, but for most of us time is on our side at the moment.

Spending time with your teenager

Spending frequent, small amounts of time with teens can be just as beneficial as longer periods. Although longer periods are more likely right now. Make sure that they feel they can have their space when they need and try and calculate when are good times for you and your teen to spend time together.



Ideas on how to spend time with your teenager

Write down some ideas about how you can spend time with them. Try and come up with ideas that they will enjoy, remember that they are the focus of this activity and they are more likely to engage and enjoy it if it interests them.

Here are some of our ideas:

- > **Cook something with them and let them choose what it is: this can be included on the list for when you are able to shop next.**
- > **Let them choose a film and watch together after younger children have gone to bed.**
- > **Let them teach you about their video game they play.**
- > **Involve them in exercise - like going for a run or doing an exercise video.**
- > **Make a TikTok or Vlog about this unique time together and let them direct it.**
- > **Make a herb garden (it is easy to order seeds online).**
- > **Let them help with a DIY project giving them responsibility.**

TOP PARENTING TIPS FOR PARENTS & CARERS DURING COVID-19 (All Ages)

- 1. Reassure your children that your family is your top priority.** Say something like "I'm your parent it is my job to keep you safe".
- 2. Take care of yourself as best you can.** Manage your stress by keeping up your personal routine, e.g. exercise, mindfulness, sleep and eat well. You will be better placed to help others if you are less stressed and healthy.
- 3. Make sure your children know you are ready to talk.** Let children know it is OK to talk.
- 4. Be truthful in answering children's questions.** Find out what they know before answering. Stick to giving them information from official sources rather than what they or you see on social media.
- 5. Maintain everyday family routines.** Keep to usual rising times, mealtimes and bedtimes.
- 6. Have a family plan of action.** Involve children in preparing the plan. As things change like restrictions, closures or working from home include these.
- 7. Have plenty of interesting things to do at home.** Busy children and teens are less likely to misbehave if they are kept entertained, make a list of 20 things to choose from when bored.
- 8. Take notice and praise behaviour you like.** Encourage and praise good behaviour.
- 9. Help children learn to tolerate uncertainty.** Teach them it is to be expected at the moment: "I don't know; let's find out when we can".
- 10. Reach out and connect with loved one.** Keep in touch with friends and family. Offer to liaise with the parents of your children's friends to arrange for them to talk.

Talk with your teenager

Sometimes when you are spending time together there will be an opportunity to talk. Resist the temptation to talk about things that might cause an argument. A good way to start is with something about yourself —perhaps what happened during your day— or ask about something you know they are interested in. This might include things you have done together or are about to do. Make sure you listen to the things they talk about and show interest. Try not to slip into teaching or interrogation mode, reflect on what you hear and occasionally offer items from your own experience. Be prepared to talk for longer than expected if they talk about issues/problems.

Make a list of things you have been doing together that they might want to talk about.

Show affection

One of the best ways to maintain a good relationship with your teenager is to show them you care about them. This needs to be done differently from they were younger, as you may embarrass them.

Affection should be more in keeping with an adult relationship.

>This can be something you do that is thoughtful and just for them like make their favourite dinner or snack.

>High five after exercising together or completing a task.

>Spending time doing self-care things like some yoga or help them rearrange their bedroom.



Increasing desirable behaviour and praise!

The next challenge is how to increase those behaviours that we see occasionally but would like to see more often. Teenagers are more cooperative and less difficult to manage when they receive encouragement and positive attention for behaving well and when they have plenty of interesting and stimulating things to do.

Praise the behaviour you like! Try to describe what you liked rather than just well done, “Well done and thank you for cleaning the car-you did a great job-especially the wheels-nice and shiny”.

Write a list things you would like your teen to do more often. Praise these behaviours when they are seen.

LITTLE ONES



Things to keep them busy:

- >Design a treasure hunt inside and even outside.
- >Create an idea jar-so you are more prepared and takes the stress of thinking of things away.
- >Host a virtual play date for them!
- >Arts and crafts time. Look up ideas online.
- >Build a den in the garden.
- >Have a board game evening.
- >Order a new Lego set and build together. These are available online with fairly quick delivery.
- >Help plant some seeds in the garden.

Get creative!

We have included some links below to creative things to try:

><https://www.bbc.co.uk/cbeebies/makes>

><https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>

><https://www.supersavvyme.co.uk/family/kids/10-activities-for-kids-this-summer>

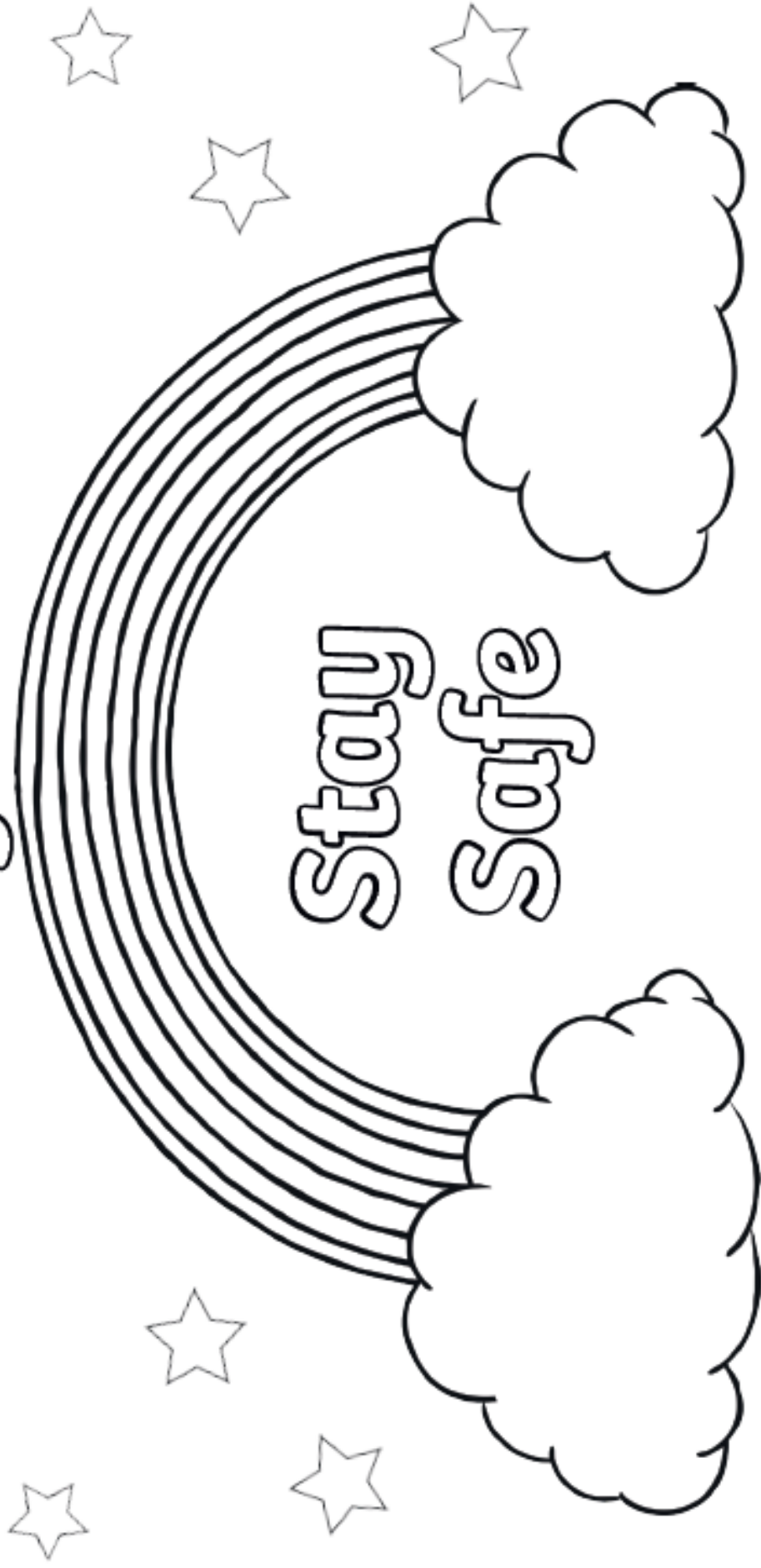
><https://family.disney.com/crafts/>

At the end of this newsletter there are lots of thank you posters to colour in and post in your windows. Happy Colouring!

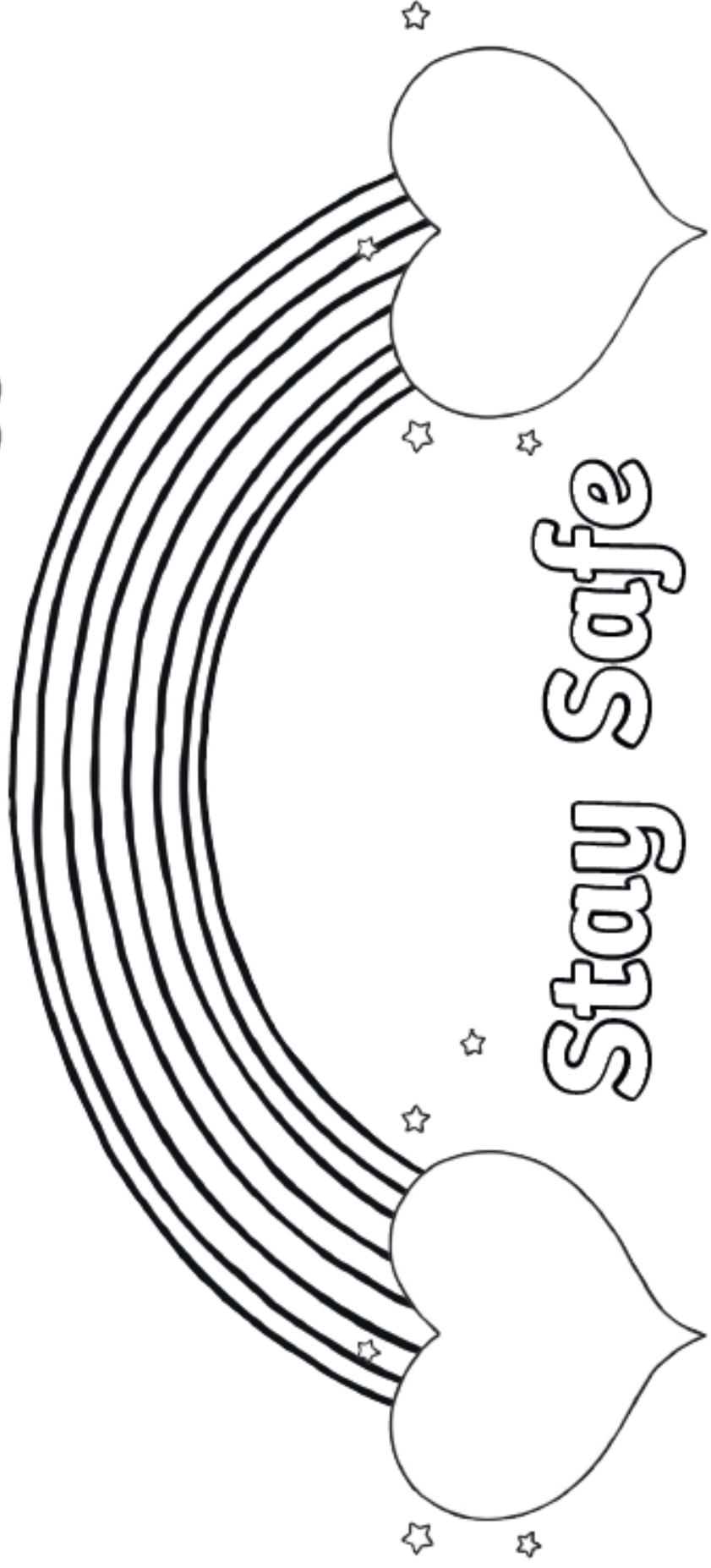


Thank You to
Our Key Workers

Stay
Safe

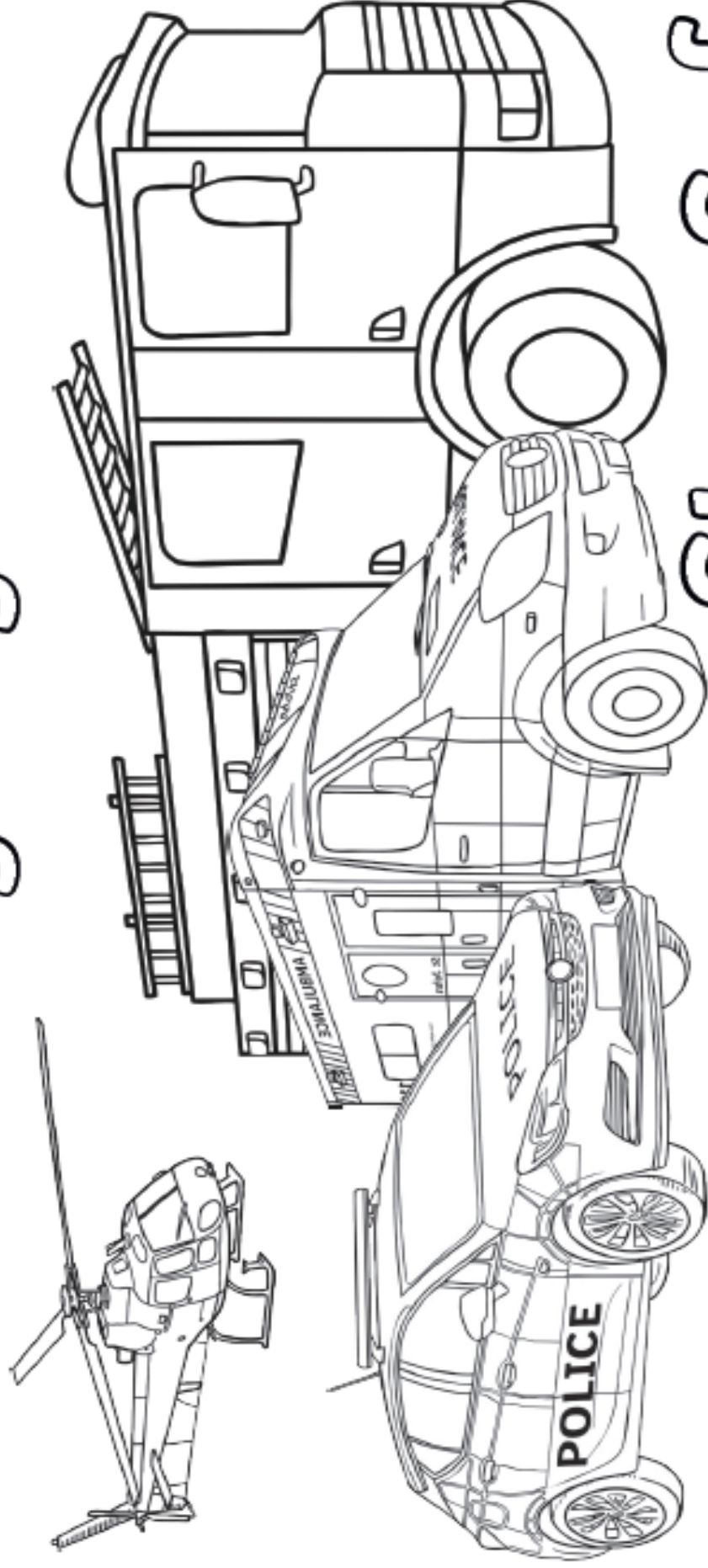


Thank You to
Our NHS Staff



Stay Safe

Thank You to Our Emergency Services Stay Safe



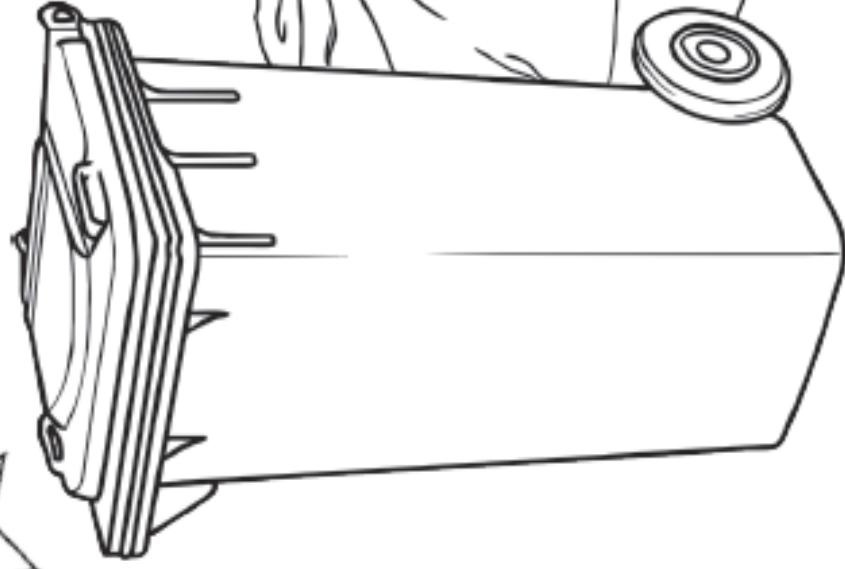
**Thank You to
Our Armed Services**



Stay Safe

Thank You for

Collecting Our Rubbish



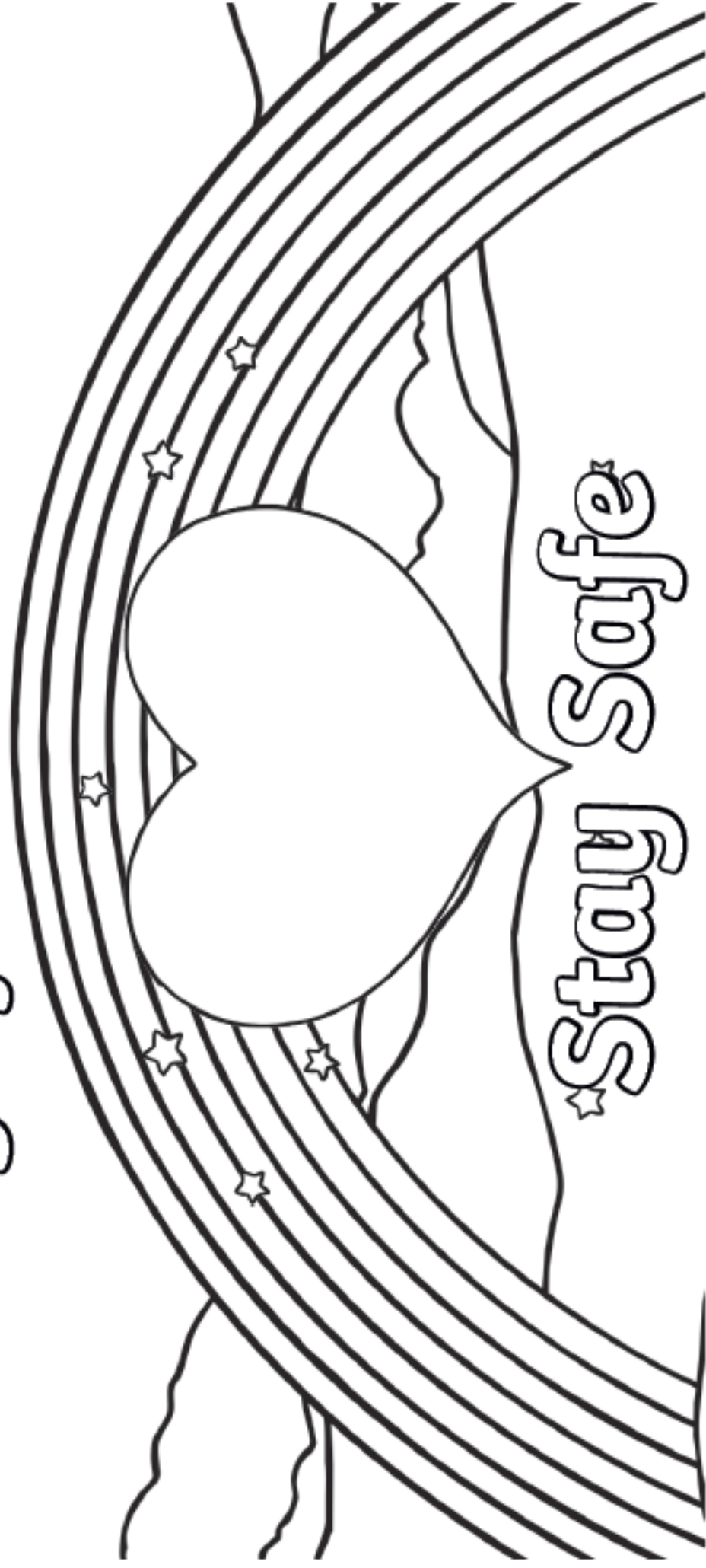
Stay Safe

Thank You for
Delivering Our Mail



Stay Safe

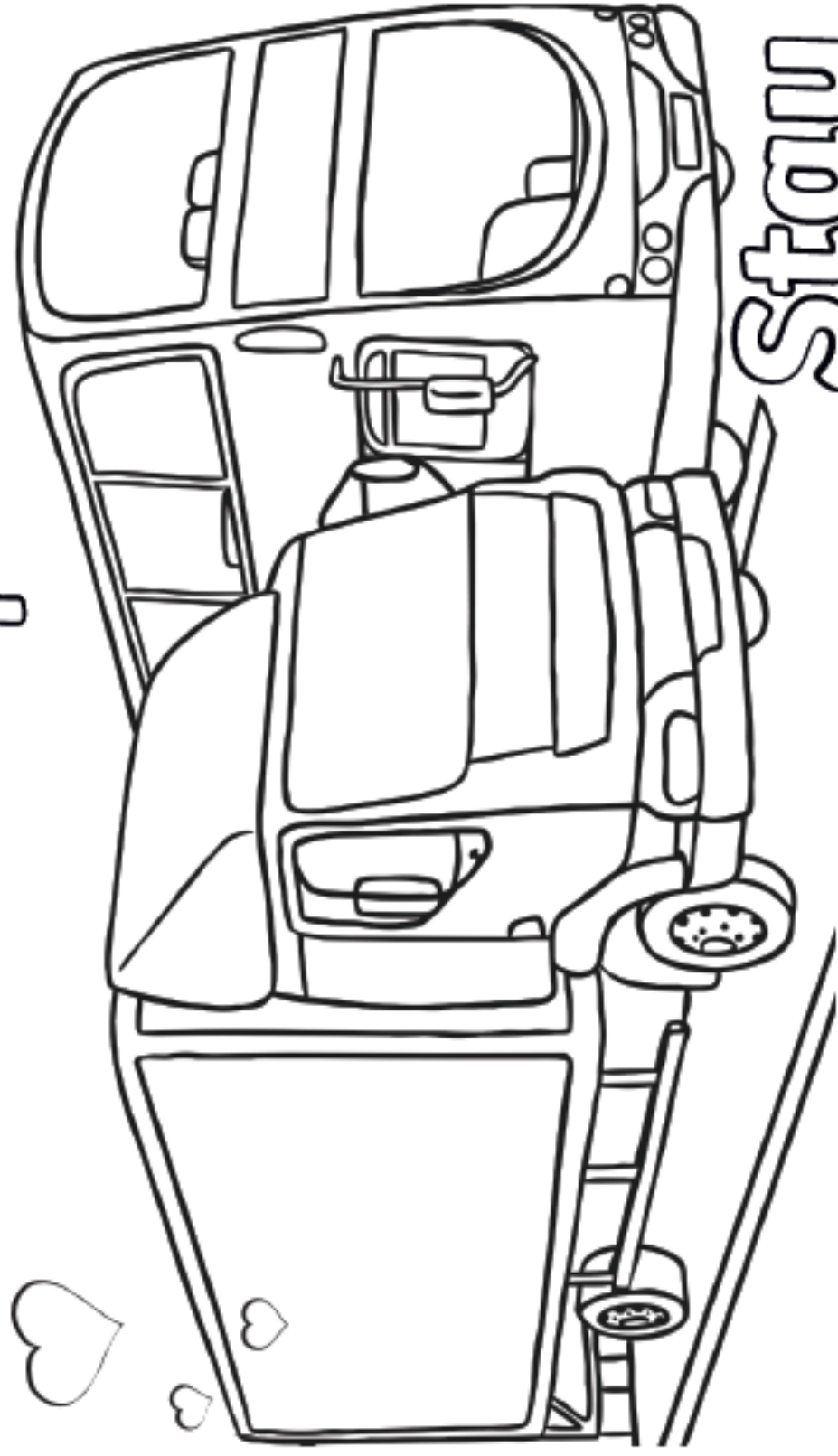
Thank You for
Looking after Our Relatives



Stay Safe

Thank You to

Our Transport Workers



Stay Safe