

Family Support

Lady Manners School – Primary Cluster

Dear All, I hope you are all still keeping well and safe. Please read on for more resources, ideas and sources of support. Remember, asking for help and reaching out is a sign of strength so please do so if you need to, even if it's a virtual cuppa with a friend.

If you have found anything that has been really helpful for you or a great family activity, do please share and I will include in future communications.



We are reaching the end of the summer term, a term which has seen many changes and challenges but also many achievements and things to celebrate. Make sure you notice these positives and allow yourself and your family credit, remember to use your rose tinted glasses to make sure you can focus on the positives.



And remember, be kind to yourselves, recognise the need and importance of self-care, it is not selfish, it is necessary.



Put on your own
oxygen mask
before helping
those around you.





This time ... Take notice

Mindfulness, being in the moment, pausing, taking time to notice; these are all ways of looking after your wellbeing and it is really important to find something that works for you.



This can have a positive impact on your mental health and wellbeing, which can in turn impact on your physical health and wellbeing.



- **Stop** - – Simply stop and take in the moment you are in, notice where you are, how you are feeling, watch your thoughts and feel the sensations in your body
- **Look again** - try looking at something you see all the time, notice the detail or try to notice things you pass everyday on the way to school and work. Is there anything you haven't noticed before?
- **Notice others** –Pay attention to how your friends are feeling, it can help you realise when you might need to be there for them and a chance for you to connect.
- **Mindfulness** – there are lots of resources you can use to help you practice mindfulness and really get the benefit from this technique, many which are free. See the resources page for some suggestions.



Something to try:

5 Fun **MINDFULNESS ACTIVITIES** for children
by Big Life Journal

1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

2 CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.

3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.

4 GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

Big Life Journal - biglifejournal.com

Try some mindful breathing exercises designed for children from the big life journal.



Try some mindful colouring in with these download and print sheets from Wildlife trusts.

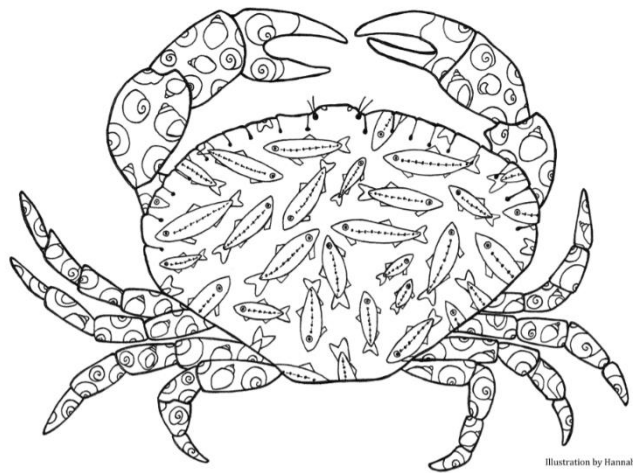


Illustration by Hannah Foley

<https://www.wildlifetrusts.org/looking-after-yourself->





Jo from “Well within Reach” has joined us again to share some tips and reminders to support you as parents



Deep breaths; intentionally slowing the system down affects the whole nervous system; brain activity, blood pressure & heart rate. Breathing deeply & slowly also tops up a hormone called serotonin. This calming chemical helps children (and adults!) to maintain or regain composure and keeps the 'thinking brain' online & neutralizes the stressor hormones which make young people prone to fight/flight behaviours.

It's almost impossible to teach young people to regulate their emotions while they're firing from their 'survival brain', so pro-actively teach them this skill before the meltdown or outbursts actually happen. And make sure they keep practicing.

This will help them to recover from meltdowns more quickly, and develop the skills to manage their emotions themselves.

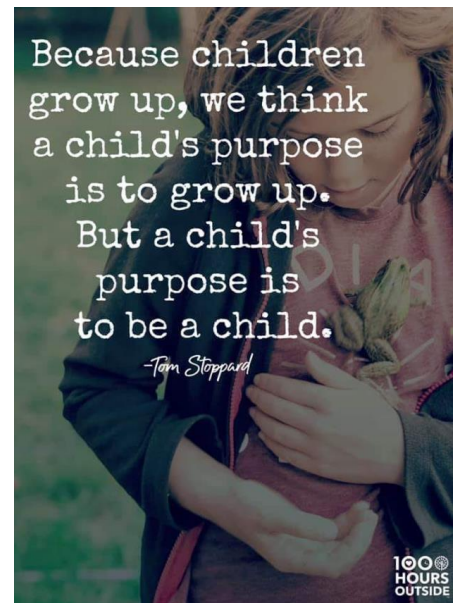


Jo has a FB group called “Parent with insight Collective”

which you can join to access more tips, advice, community and free workshops.



Find Jo at Well within Reach on Facebook [@learningdoingandbeingwell](https://www.facebook.com/learningdoingandbeingwell)



This time we also have Carrie Meadows a parent coach and mindfulness teacher to offer us some support with this wellbeing step: Take Notice.



Helping your children cooperate:

I use this with my own kids daily and its often the 1st tool I tell about when they work with me or take a class.

Special Time is a specific amount of time to give 1:1 playtime with your kid. It works brilliantly as it helps your child feel really good, this type of connection actually shifts the brain into being more able to think well, and from that place great things are possible. It's simple but the rules are important:

- You the adult sets the time (actually set the timer on your phone)
- your kid gets to choose what to do
- for that time you bring all your attention and love on whatever they choose. You wholeheartedly play, letting your child give you ALL the instructions. It could be 5/10 minutes. The most important aspects are your attention and your love.

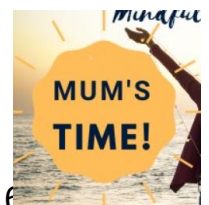
But what about us parents!!! I hear you say, well, it's an important question because, we parent at our best when we feel good and are supported. Taking time for ourselves is really important. Mindfulness is something we can do to help our mental wellbeing, to recharge our batteries, its relatively quick too. So sit back, set yourself the timer this time and take 5 minutes to focus on your breathing, soften your shoulders, release your jaw, and relax your lower back. You can also take time at any moment by really paying attention to what you're doing, whatever it is just focus, and really take notice.

For more ideas and practices Mums join my Facebook page Mums time - mindful moments for stressed out mommas

<https://www.facebook.com/groups/539705456942157/?ref=share>

Dads and Grandparents and anyone else. Mindful moments 4 lockdown

<https://www.facebook.com/groups/578909989698329/?ref=share>

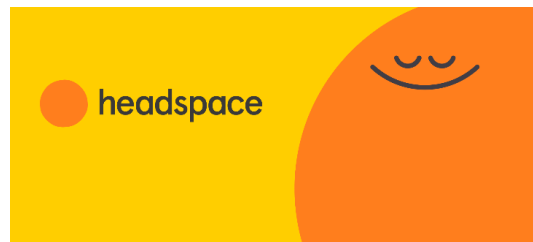


For more information about classes and parent coaching including my next course, 5 tools to tackle all your parenting dramas, starts September 2020 contact me on carrie.yoga.parentcoach@gmail.com

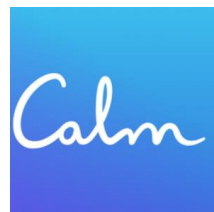


Useful Resources:

Headspace: a meditation and mindfulness app. You can start a free trial, or get it free for a year if you are unemployed.



Calm: Another mindfulness app, you can start a free trial. Their you tube channel also posts a 10 minute mindfulness video everyday.

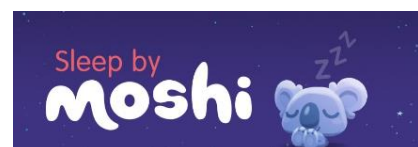


Try this mindfulness breathing activity from **Every mind matters:**

<https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop>

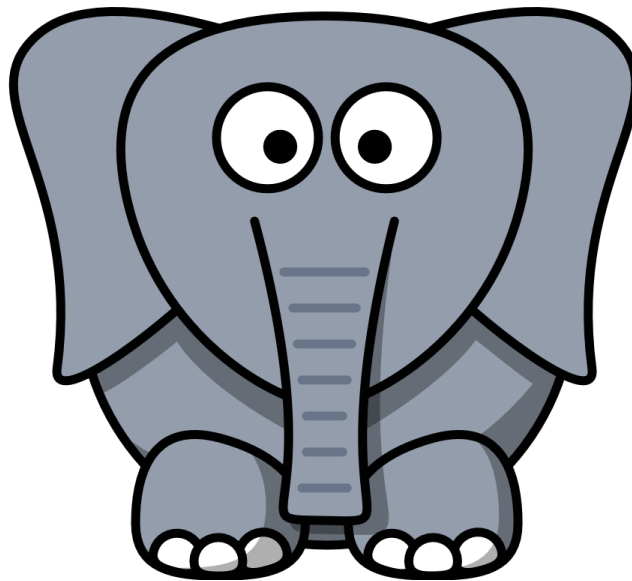


Moshi monsters: A sleep and mindfulness app for children. <https://www.moshisleep.com/>





Don't forget - you are not alone!



Information to support parents/carers and young people over the summer holidays.

The Changing Lives Service can offer advice/support around low mood, anxiety, sleep problems, worries, managing stress and change. This is for 0-18 years and over 25 years if the young person has SEND or is a care leaver.

The number is Call 0300 303 4663.

The School Nursing Service will be available to offer advice to parents/carers and young people through their SPA (Single Point of Access) which is their dedicated helpline. This is for ages 0-19 years.

The number is 01246-515100.

Mental Health Support Line

Mental health support is now available to Derbyshire residents of all ages through a new mental health support line.

Call **0800 028 0077** between the hours of 9am and midnight, seven days a week.

Kooth is a free, safe and anonymous online support and counselling service for young people. The whole team are made up of friendly and experienced individuals who want to help. To sign up, please visit:

www.kooth.com/

Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18. To sign up, please visit: www.qwell.io/

