

To help with self-regulation

Write these on a piece of paper and display them somewhere for all the family to see.

> Create a space, no matter how small in your home where you or your child can go to for some quiet time

Write - go to for a break from everyone. Choose a quiet space in your home.

> Take 5 - breathe through feelings of overwhelm and frustration

Write - take 5 by breathing using the hand model. See the weblink for information.

<https://childhood101.com/take-5-breathing-exercise/>

Parenting Top Tip No 1 Kind AND Firm

It is the AND that brings kind AND firm together to avoid extremes.

Begin by validating feelings and/or showing understanding.

Offer a choice when possible. Examples:

- 1) I know you don't want to brush your teeth, AND we can do it together.
- 2) You want to keep playing, AND it is time for bed. Do you want one story or two?
- 3) I love you, AND the answer is, No.

Bedtime Stories

Every evening actor Josh Gad, who voiced Olaf in "Frozen," is reading bedtime stories on Twitter. #GadBookClub. 'For 10 minutes, he reads a children's book using his incredible skills as a voice actor — because we all know how much better a book is when every character has a unique voice!'

<https://t.co/iiZeFccTF3> — Josh Gad (@joshgad)

Virtual PE

Joe Wicks, The Body Coach, will be running virtual PE classes which children can do in their own homes. These will run at 9am from Monday to Friday. They can be accessed at PE with Joe on his Youtube Channel, TheBodyCoachTV.

Regulation Resources

Beacon House will be creating videos for all ages to help soothe, regulate, stimulate and connect at this challenging time

<https://beaconhouse.org.uk/>

How to increase Co regulation

A vital ingredient in calming the nervous system and increasing your sense of significance and belonging at times of social distancing.

> connect with others face to face i.e. via Zoom, Skype and Face time

> Write a letter or note to a friend, family member or neighbour, take a walk and post it to them, remembering to include your address so that they can reply.

Resources for Parents South Glos

Keeping Your Child Active

Bubble or Bean bag activities suggested by Kate an occupational therapist to keep your child active.

www.beactivekids.org



Coronavirus Resources

Useful website to help you and your family talk about Coronavirus: Young minds have dedicated a whole page to supporting families with Coronavirus and tips on how to self-isolate. They have also added lots of useful websites.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

BPS/DECP advice for schools and parents/carers: (includes advice document on how to talk to children about the virus)

<https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>

Two picture information booklets for children to explain the virus to younger children:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.usrfiles.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

For older, more able children:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>

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