

Family Nurture Leaflets

Aberdeenshire EPS

Promoting the
development of positive,
trusting and connected
family relationships across
Aberdeenshire



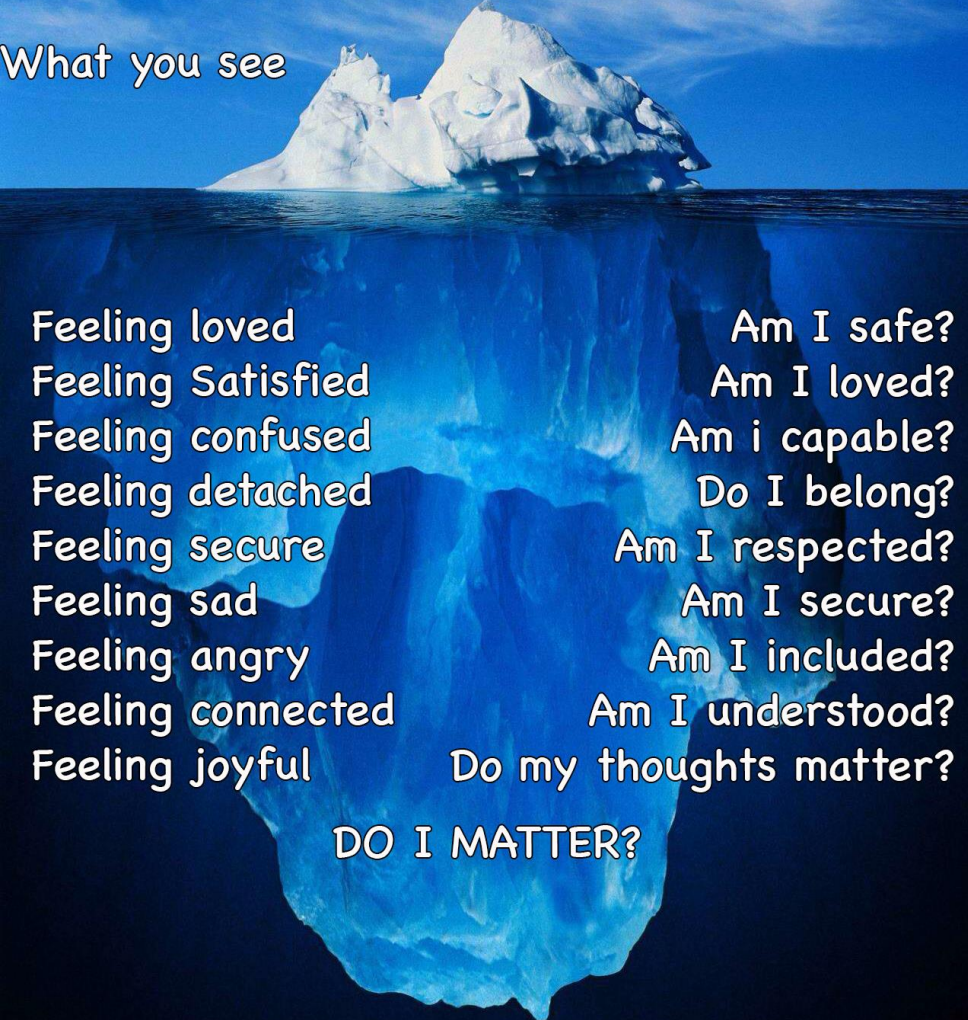
What do we know?

- Children flourish **in relationships that understand them and are responsive to their needs**
- Understanding develops through attuned connected relationships
- Parents grow and develop when they have the chance to be thoughtful about their approach
- We all have our own parenting story which can impact on how we respond to big feelings in the moment
- Adults can choose to stop, pause & parent more mindfully rather than respond to behaviour in a reactive, stressed way



A child's behavior is like an iceberg

What you see



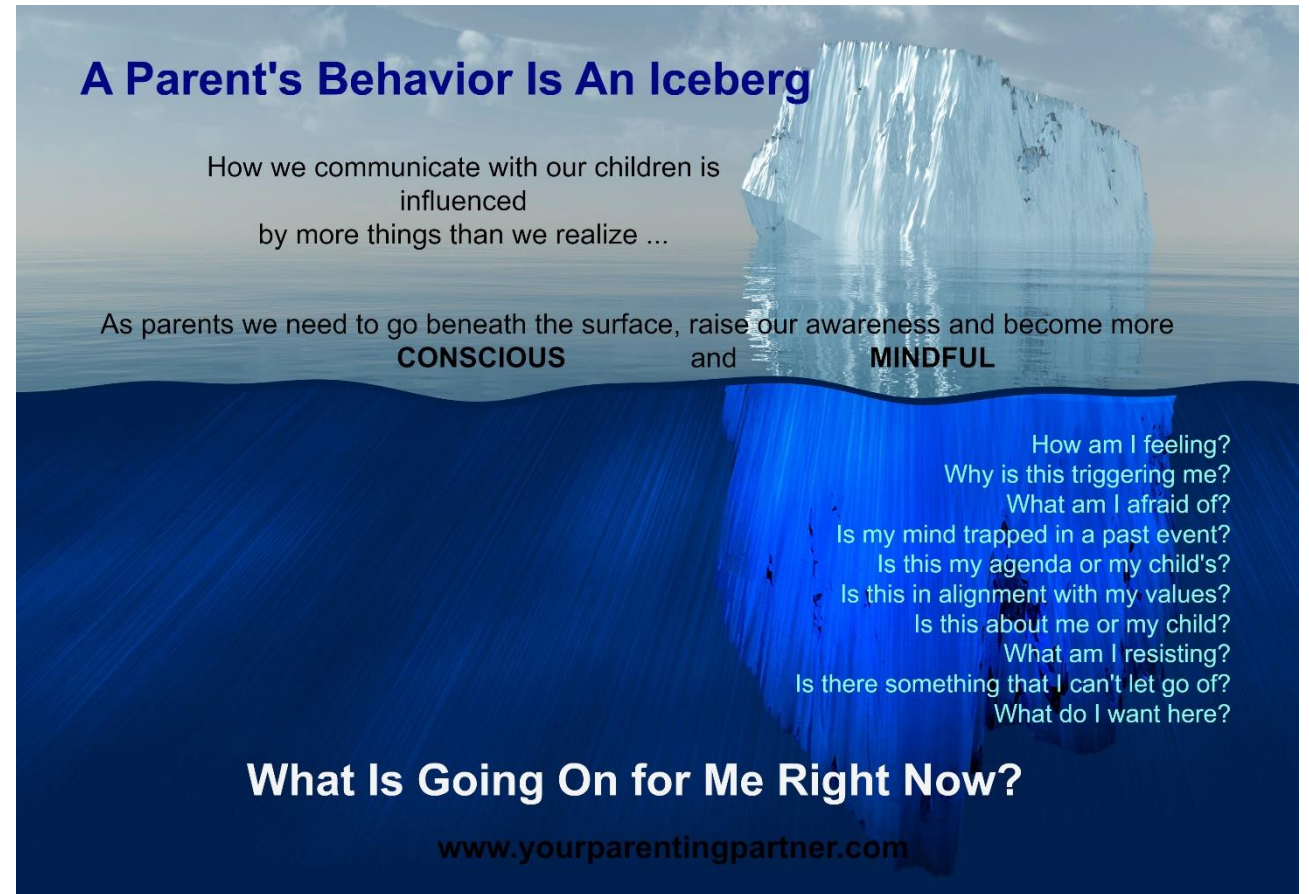
What is really going on

All behaviour is communication

- Children communicate through their behaviour when they have not yet developed skills to say how they are feeling and what they need
- Children do well when they can
- Distressed behaviour is a signal of an unmet need – a child's way of saying 'I am struggling'
- Children who act out are not doing something to us - *we need to **not** take their behaviour personally – they are needing something from us*

Adult behaviour is also like an iceberg

- We have our own parenting stories
- We can 'flip our lids' in the moment too
- We do not always respond from a thinking place
- Our explanation of the situation will guide how we respond
- Children need safe hands, safe words and thinking minds to help them learn to cope with big feelings



Things get tricky
when.....

- Parent/carer expectations and the demands of the environment are greater than our children's skills to cope
- Adults join the chaos rather than remaining calm
- Adults respond from their emotional brains or with threats/demands, rather than from their 'thinking brain'



TAKE A
DEEP
BREATH
THEN
CONTINUE



Tuning in and empathising

- Be connected to what is going on for your child
- Be aware of their experience of a situation – put yourself in their shoes – think about their perspective
- Think about how they might be feeling under the iceberg tip – be curious
- Children can only develop and show empathy if they have experienced receiving empathy



Your children
need your
presence
more than
your **presents.**

Jesse Jackson

www.facebook.com/PositiveParentingSolutions

**The way we talk
to our children
becomes their
inner voice.**

— PEGGY O'MARA —

WWW.VERYBESTQUOTES.COM

Family nurture leaflets













- **A loving, responsive, and safe parent/carer-child relationship is important for healthy development in childhood**
- Topics can help build resilience, connection, and secure attachment in all families
- Translate research in these areas into easily accessible small steps for families
- Practical tips, key messages and opportunities for parents to learn more in order to respond differently
- Videos, websites, books, links, tips, infographics



**Grid showing
leaflet titles
which already
exist**

Children's brains/
Adolescence brain
development are
coming soon.

Further titles
being developed.

| | | |
|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Adult role models  | Relaxation  | Babies brains  |
| Self-regulation  | Managing feelings  | Emotion coaching  |
| Positive thinking  | Thinking skills  | Sleep  |
| Understanding brains  | Growth mindset  | Loss/ bereavement  |

Some take aways.....

- The most effective way to calm down is to concentrate on your breath – focus on having a long out breath (breath in for count of 4 and out for count of 8)
- Teach children to say how they feel and what they need. Think about how you are feeling and what you need....

| I need you to listen to me | I need another chance |
|------------------------------------|------------------------------------|
| I need some alone time | I need a hug or to feel connected |
| I need you to see what I can do | I need you to explain it again |
| I need to move, have a break, walk | I need time and space to feel calm |

I CANNOT CONTROL:
How my child feels

I CAN CONTROL:
How I choose to relax
The words I use with my kids
How I care for myself
The messages I give myself
What I choose to focus on
My sleep, diet, exercise



Want to know more?....



- Visit EPS website, parent support section:
- <https://blogs.glowscotland.org.uk/as/aberdeenshireeps/family-nurture-leaflets/>
- Or visit ASN website, click on Nurture and Family Nurture tile
- <https://asn-aberdeenshire.org/literacydyslexiaautism/>
- **Please share with parents, parent councils and on social media and let's make sure parents/carers know about these leaflets!**

