



Dear Parents/Carers,

We hope you and all your families are all well. We would like to share some more useful websites and fun ideas for you to try at home to support children's social and emotional development. If you have any concerns please do not hesitate to get in touch with your child's keyworker or email gw18macarylisa@ea.n-ayrshire.sch.uk. Not all activities will suit the needs of every child therefore; they can be adapted to suit. Please remember we are here to help. So firstly:

Things to do at home **peep**

Building relationships - including during lockdown

Your relationships with family, friends or neighbours will help your child understand and learn how to form their own relationships. The way that you and other important people in your child's life respond and react to them will also influence the way that they see themselves.




Things are obviously different during the Coronavirus lockdown - though it can help if we think about it as *physically* distancing rather than *socially* distancing.

You can still help your child to build positive relationships by:

- sharing a meal or snack together – this can be a nice opportunity for family members to talk about their day, share experiences and re-connect. Could you invite grandparents to 'join' you via videocall - and maybe even both homes make a cake to show to each other?
- making up stories which include people you know - you could make a paperchain of them.
- chatting or playing with friends their own age via videocall – perhaps agreeing in advance that you'll all play with playdough or have a teddy bears picnic...
- staying in touch with family, friends or neighbours who aren't online - by phone, or by sending them a postcard or homemade book.
- recognising the importance of your role as a model in the way that you interact with other.

Relationships are at the heart of learning

peep supporting parents and children to learn together

Find more ideas for things to do at home:
@PeepleCentre   

www.peeple.org.uk

Let us Keep Fit: Tiny the T-Rex | A Cosmic Kids Yoga Adventure!



Cosmic Kids Yoga. Available on 

Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none">___ watch a good movie___ write each other positive notes___ verbalize and talk about feelings___ draw self portraits___ Say "I love you"___ spend time writing___ have a sing-a-long___ tell jokes___ try a new craft	<p><i>physical</i></p> <ul style="list-style-type: none">___ dance party___ go for a walk___ family bike ride___ take a hike___ play kickball___ tag___ roller skating___ go to the pool___ jumprope___ kids yoga___ wii fit games	<p><i>spiritual</i></p> <ul style="list-style-type: none">___ a gratitude list___ go outside___ talk about forgiveness___ write thank you's___ volunteer___ spend time outside or with nature___ practice positive self-talk___ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none">___ read together___ draw or write stories___ kids meditation___ find shapes in clouds___ practice belly breaths___ go on a walk to find new things___ make vision boards___ try Headspace for kids___ create mandalas___ make mindfulness jars___ play mind strength games like memory	<p><i>practical</i></p> <ul style="list-style-type: none">___ clean up___ declutter old toys___ assign chores___ make a grocery list together___ learn about money___ make a weekly budget check-in___ make a weekly cleaning check-in___ homework/study___ have a morning & night routine	<p><i>social</i></p> <ul style="list-style-type: none">___ play in the park___ call or visit relatives___ have family dinner___ play boardgames___ host a sleepover___ invite friends over___ plan a bbq___ join a team___ do a neighborhood food drive___ have talks about friendship and how to be a friend.

just stay curious

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



LOVE
Be there for your child and show care and love



EXERCISE
Encourage play, exercise and sport



BEHAVIOUR
Keep an eye out for any changes in behaviour



SUPPORT
Regularly support, encourage and praise your child



REST TIME
Help your child to manage stress by building in some rest time



BE PROUD
Tell your child that you are proud of them



PATIENCE
Be patient. Don't pressure your child



EDUCATE
Educate yourself about mental health problems



COPING
Help your child to learn some simple coping skills such as relaxation



CONVERSATION
Encourage your child to engage in conversation



HELP
Don't be afraid to seek help from professionals



PROBLEM SOLVING
Help your child to effectively problem solve



FEELING
Get to know how your child is feeling



LISTEN
Make sure you take time to listen to what your child has to say



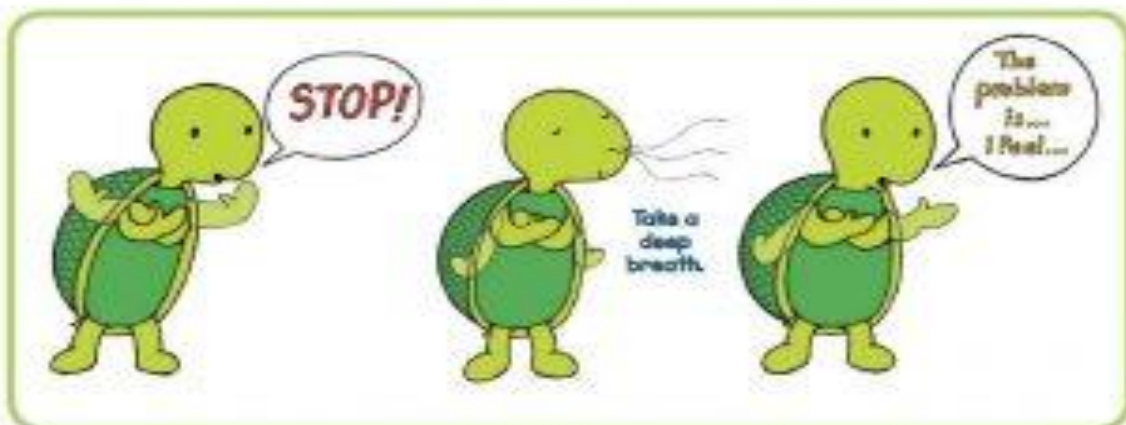
SYMPTOMS
Be aware of signs and symptoms



ENVIRONMENT
Provide a positive environment for your child where they can thrive

Steps to solving problems

1. Do turtle to calm down.
Say what the problem is and how it is making you feel.



2. Think of different ideas of how you could solve the problem.
3. Choose the best idea.
Make sure its an ok choice.
4. Try it out and see if it works.
5. If it doesn't solve the problem, try another idea.

C

Can you draw or write down things that make you feel calm?

For example, a happy place, your favourite hobby.

A

Are you feeling worried or upset?

It's okay if you do and it's good to tell others how you feel.

L

Listen to the thoughts in your head and how your body feels.

M

Make a list of things you enjoy doing to help yourself feel better.

E

Everyone feels worried sometimes.

When you've felt worried before, what helped you feel better then?

R

Remember to keep talking to an adult at home about how you're feeling.

BritishRedCross

Understanding dysregulation: How to Support a Highly Emotional Child



Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

Remember the Three "R"s

Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

Reason



Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.

Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.



Physical complaints:
Headaches, stomachaches,
muscle aches, chest pain,
racing heart, dizziness, hair
pulling, difficulty swallowing,
"lump in throat"



Seeking validation, asking
the same questions over
and
over, clingy, concerned
about safety



Sadness,
frequent crying,
overwhelmed,
lonely



Anger, irritability,
low frustration tolerance,
verbally aggressive

**Childhood anxiety is
sneaky. It doesn't always
look like worry.**



SCHOOL REFUSAL

Katie Hurley, LCSW



Frequent meltdowns
or tantrums



Social isolation,
avoidance,
procrastination,



Fatigue, "I'm just
tired", exhaustion

[Speech and Language Therapy in East Ayrshire #Gettingweepeoplechatting](#)

🗨️ CHILDHOOD ANXIETY - ALL BEHAVIOUR IS COMMUNICATION 🗨️

Some great advice from our East Ayrshire Educational Psychology colleagues on Twitter today:

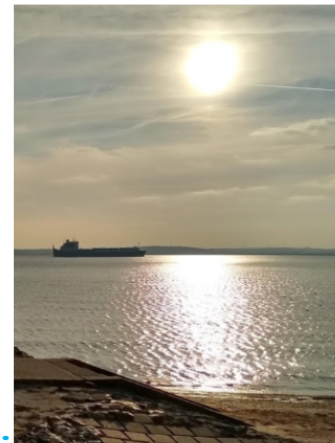
"Very helpful 🗨️ All Behaviour is Communication. Worried children often show this through their behaviour. They often don't have the words yet or don't believe we'll listen. Sometimes we have to help them work it out & wonder about what they might be trying to tell us.
<https://t.co/keSnFM2qIV>"

What to do: Every trip outside – even when keeping physically distant from other people and avoiding playgrounds – is an opportunity to explore nature. There are lots of ways that you can encourage your child to be curious about the natural world around them.

Here are a few ideas to do together:

- Stop and listen to the sounds of nature – “Can you hear the birds? Can you spot them?”
- Turn over a log or stone to discover who’s hiding below.
- Point out a spider’s web on railings or a bush. Or perhaps the shiny snail trail on the doorstep – but can you find the snail?!
- Feel the rough bark of a tree or cold soil and stones; sniff to see which flowers and plants smell; listen to the wind or rain and feel them on your face; taste the salty sea air; watch how the sky changes...

Children often find these everyday things fascinating and will enjoy exploring and chatting with you about their discoveries.



How it helps - exploring outside helps children to:

- use all their senses - sight, smell, sound, taste, touch
- learn from being outside and exploring nature
- improve their physical development – helping co-ordination and strengthening big muscles (gross motor skills) as well as small ones (fine motor skills)

Research has shown that time spent outdoors improves physical and mental health - lowering stress levels and helping improve memory, problem-solving and attention.



Join FREE online class for training resources to reduce your parenting stress & stop nagging, reminding & yelling!

<http://bit.ly/PPS-Free-Class>

If there is anything else, you need support with, please feel free to contact us.

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Remember we are here to help. Please stay safe and take care.

Sending love from all at Loudoun.

