

Education Inclusion Family Advisor Newsletter

October 2023

A message from me.....

Do you need support and someone to listen. Contact me to talk through: Parenting strategies, Challenging behaviour, Special Educational Needs Support, Emotional and wellbeing Advice, Screen time / gaming battles, Healthy Eating, Sleep.
I am Jurate Trumpickiene your Education Inclusion Family Advisor.

Time to relax



We all know that children's lives can be very busy and sometimes just a bit too fast paced. Here's an idea for a little 'slow down' activity. Organise a quiet moment together, and type into YouTube one of the following:

- Sounds of the ocean
- Sounds of the rainforest
- A summer storm

Close your eyes and listen to these relaxing sounds for a few minutes. Ask your child to imagine they are walking through a magical forest or sitting on a beautiful beach. Then open your eyes and talk about what you imagined. What did you see? What did you hear? What did you feel? What did you smell? Maybe continue the activity by drawing or painting a picture. [\(72\) Jungle Sounds | Rainforest Ambience and Animals Sounds for Sleeping, Studying, Relaxation | 8 Hours - YouTube](#)



Workshops

Please see below the list of workshops that we are delivering this term. They are all accessed via TEAMS and are 12-1pm.

Supporting with feelings of worry – 3rd October 2023

Supporting with feelings of anger – 10th October 2023

Sleep – 17th October 2023

Digital safety/ internet safety – 31st October 2023

Parental wellbeing – 14th November 2023

Here is the link to the booking form:

<https://forms.office.com/e/xxFqRNQmF2>



Alternatives to 'NO'

As parents, we often find ourselves responding to our young people with, 'NO'? Try practicing some alternatives:

'Stop hitting' 'Please keep your hands to yourself'

'Don't say that' 'Please choose another word'

'Stop whining' 'Please use your words'

'No you can't' 'Let me think about it'

'Don't make a fuss' 'It's ok to feel upset'

'You can't play with that' 'Play with this instead'



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