

Family Support Worker Tips and Ideas – Week 9

Emotional literacy

Children have to learn to understand their emotions. Being in lockdown can cause a lot of heightened emotions for children, and if they don't understand their emotions this can lead to them displaying them in other ways, for example crying or showing challenging behaviour. One way to help your children understand their emotions is through developing their emotional literacy using characters from their books, TV programmes and films. Emotional literacy is the ability to understand feelings. At relevant points, ask your child what emotion that character might be feeling. If they struggle, don't worry. Let them know what emotion you think they might be feeling. This creates opportunities to discuss together why they might be feeling a certain way and helps your child understand clues to someone else's or their own emotions. It's impossible to do this all of the time, but remembering every now and then that it is beneficial can help.

Mental health awareness

As parents your mental health is of course incredibly important too. Mind has some great resources, information and advice including tips on how to look after mental health in everyday life. Here is a link to the website:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/>

Audio books with David Walliams

Although they don't beat reading a physical book, audiobooks are a fun activity that can develop an interest in the world of storytelling. Each week David Walliams turns one of his children's books into an audiobook, sharing them for free on his website. He's calling them Audio Elevenses and each week day shares a set of chapters from that particular book at 11am. They're saved onto the site until Sunday evening so you have the weekend to catch up if you miss any. You can find the chapters here:

<https://www.worldofdavidwalliams.com/elevenses-catch-up/>

Family Support Worker

If you'd like more information about these tips and ideas or if you have other questions, please don't hesitate to contact me. Maybe you'd like advice around things such as anxiety, raising self-esteem or sibling rivalry.

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