

Family Support Worker Tips and Ideas – Week 7

Relaxing activity before bed

This activity uses the tensing and releasing of muscles to help us feel calmer and more relaxed. This is great to use with your child before they go to sleep because it helps the body release tension. Try to tense each muscle for about 5 seconds.

1. Starting with your feet, gently squeeze your muscles by pointing your toes like a ballerina, then slowly release them.
2. Next, squeeze your calf muscles and gently release. Work your way up the body, squeeze your thigh muscles like a rugby player and then slowly release them again.
3. Next tense and release your hips, then release the tension.
4. Repeat the pattern through your tummy, then your chest and then your arms by clenching your fists tight and pointing them out straight in front of you.
5. Raise your shoulders up towards your ears and squeeze and then release.
6. Finally, gently move your head from side to side 2 to 3 times and then relax.
7. If you would like to, you can continue this activity back down the body for even more relaxation.

Taking time for yourself as a parent

As parents, it's easy to place taking care of yourself at the bottom of the list of priorities. With your to-do lists getting even longer now that you're teachers, nurseries, stay-at-home parents and potentially juggling work at the same time, any time to yourself slips further down the list. But looking after your own well-being is still very important. Some people find setting themselves a timer on their phone, or blocking out time at the end of the day helpful. Even if it's taking 15 minutes to lie down on the bed, it's important to take time for you too.

Starting your morning on a positive

Getting some exercise in the morning can boost yours and your children's mood and start off the day on a positive note. Joe Wicks (The Body Coach) is still running 'PE with Joe' every week day morning at 9am on his Youtube channel.

Find it here:

<https://www.youtube.com/user/thebodycoach1>

Don't worry if you miss the 9am slot as the videos are saved onto his channel too.

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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