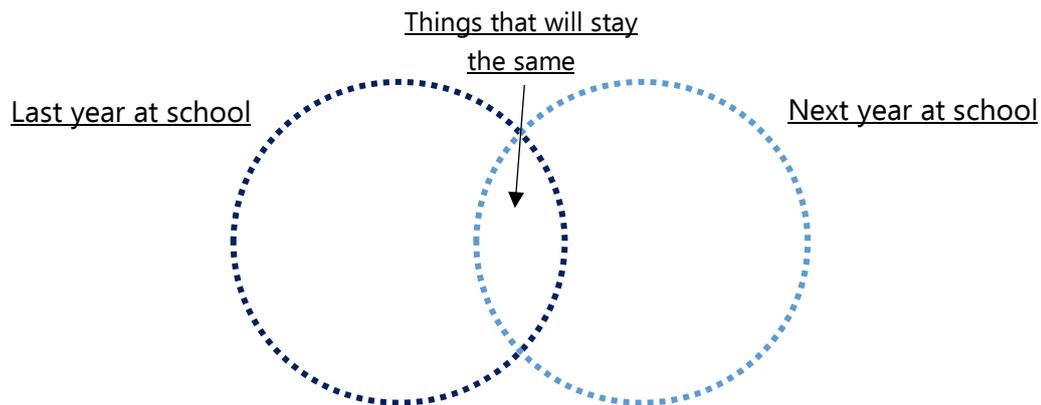


Family Support Worker Tips and Ideas – Week 12

Transitioning from one year to the next

The Summer Holidays can be a really relaxing time. For some children, the approach into their next academic year can be a little bit worrying. This is perfectly usual, especially if they haven't been in school much over the last few months. One activity you can do with your child is looking at what will be the same for them as last year and what will be different. Using a venn diagram or table is a helpful visual aid for this. This a nice activity as it allows your child to realise that there will be many things that continue be the same as what they're used to. It also acts as a useful tool for understanding what it is they're nervous about, meaning you can have conversations and look at those worries together.



Safe space

For many children who have difficulty with their emotions (and for those without) the feeling of being cocooned can be very comforting. Giving your child a 'safe space' that they can go into when they need to feel calm or alone can be really helpful. Simply throwing a blanket over a chair in their room and putting some cushions in the new space works perfectly. Make sure they know it is their space, giving it a cool name can help them feel a sense of ownership over it too.

Illness during Covid-19

During the current situation it can be confusing to know what to do if your child becomes ill. The NHS have put together a helpful visual on when to take your child to A&E or to the GP. Hopefully you won't need it, but here is the link just in case:

https://search3.openobjects.com/mediamanager/ealing/directory/files/parent_guide_covid-19_web_2_1_.pdf

Family Support Worker

Although I don't work over the Summer Holidays, please feel free to send me an email during this time if you have any questions, and I will happily get back to you in September. Maybe you'd like advice around things such as anxiety, raising self-esteem or sibling rivalry.

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