

Family Support Worker Tips and Ideas – Week 11

Filling your jug

It sounds bizarre, but this is a very useful analogy to remind yourself to take time for you. Imagine you start the day with a jug that is full. Each time you give something; maybe asking your child to put their shoes on for the third time, working with them on their homework, tidying away the dinner plates on your own or driving to pick your partner up from the train station, you're pouring from your jug. Over the day your jug slowly empties, and will eventually be drained.

It isn't too bad if this happens at night time, but quite often you'll find your jug empty in the middle of the day, meaning you have no more to give. You might find yourself feeling more irritable or feeling low with no energy. This can cause things that you usually cope with easily to appear bigger or overwhelming.

To be able to cope throughout the day you need to fill your jug at some point. To fill your jug you need to take time for yourself. Give yourself time to do something for you, even if that's spending 10 minutes sat in the garden by yourself, it's important to do and means you'll have more reserves to be able to deal with the rest of the day.

Illustrating activity

If your children like drawing there's lots of inspiration around at the moment, with illustrators offering free online tutorials to help them improve.

A popular one is 'Draw with Rob', a website from author and illustrator Rob Biddulph, whose books include Grrrrr! about a bear called Fred who loses his growl.

His videos, showing children how to create illustrations including sausage dogs, unicorns and Sonic the hedgehog, are easily accessible on his website:

<http://www.robbiddulph.com/draw-with-rob>

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 now running 'PE with Joe' on Monday, Wednesday and Saturday mornings at 9am on his Youtube channel. Find them 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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