

Family Support Worker Tips and Ideas – Week 2

Sleeping

Difficulty going to sleep can be an issue that occurs for a brief period of time or it can last a lot longer. There are lots of different strategies to help your child sleep more easily such as keeping to a bedtime routine and winding down before bed. If your child is still struggling to go to sleep, it can be worth thinking about these questions:

Have you asked for your child's input?

Sometimes it is easy to forget to sit down and ask your child what might help bedtimes and their sleep. They may surprise you with a great idea. Sometimes doing this as a family and getting siblings involved can be helpful.

How are YOU feeling?

You've probably analysed how your child might be feeling around sleep. It's important to check in with yourself to see how you're feeling too. If you're starting the bedtime routine feeling anxious, your child is likely to pick up on that feeling as well. Maybe take a couple of minutes on your own beforehand to do some deep breathing.

Illness during Covid-19

During the current situation and while the Government is asking everyone to stay at home 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 in case:

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

Adding music to your day

Playing music and singing is a great positive activity. Myleene Klass is running free online music lessons 'Myleene's Music Klass' with help from her daughters Ava and Hero. These are posted at 10am 3 times a week via her Youtube channel. Find them here:

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ/videos>

Like Joe Wicks' videos, if you miss the 10am slots, the videos are saved on to her channel too.

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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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