

Family Support Worker Tips and Ideas – Week 8

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 at bedtime, it can be worth thinking about these questions:

Is their room an enjoyable place?

Reading books or playing calm games in their room during the day time helps make the room an enjoyable place to be. This can be particularly helpful if bedtimes have become a very negative time for your child.

Do you believe in your child?

Have you shown your child that you believe their sleep can get better? Try to give them some confidence that together you can make a positive change.

School work motivation

If your children are lacking a bit of motivation to complete their school work, why not mix it up a bit? Make it fun and move the work outside. Set up a picnic blanket, their pens and pencils and get to work in the garden (if you have one). A mix up in routine can really help some children that have got used to working in the living room and the novelty has worn off. If you don't have a garden, why not take the work to the local playing field and set up your work station there. A change of scenery might be just what they need.

Adding music to your day

Playing music and singing is a great positive activity. Myleene Klass is continuing to run her 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>

Don't worry if you miss the 10am slots, the videos are saved on to her 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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