

Parents' Newsletter



Dear Parents

I hope you are all well.

Thank you to those of you who emailed in. Please keep your suggestions and questions coming to: cgroenewald@launde.leics.sch.uk and I will get back to you.

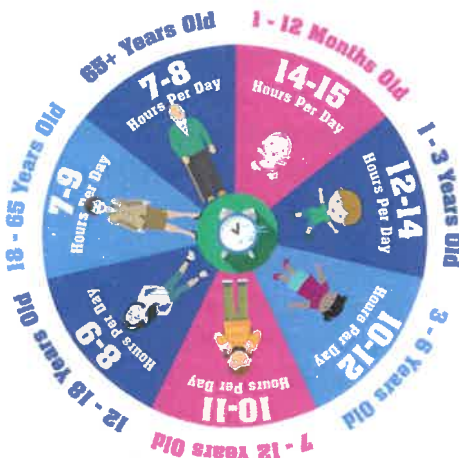
Kind regards

Claire Groenewald (Parent Officer)

Wellbeing

Sleep

Do you know how much sleep your child should get a night?



It's likely, due to a variety of reasons, that many children's regular sleep patterns are all out of sync at the moment. Although the majority of children no longer have to get up for school right now, it is still vital that a sleep routine is stuck to as closely as possible. A lack of sleep and irregular bedtime routine can have a huge impact on mood and character. If your child is not getting enough sleep or has erratic sleeping patterns, a child who may usually be quite receptive to doing work, might have become quite difficult to engage.

Here are some things you could try to get things back on track:

- Start a "winding down" bedtime routine. This should include relaxing

things such as taking a bath; reading quietly or reading together with you; dimming lights and maybe listening to some relaxing music.

- Screens (TVs, tablets or phones) should be put away at least an hour before bedtime. Ideally, make your child's room a screen-free zone.
- If your child's bedtime has become much later than usual, start their bedtime routine earlier. You might find it useful to prepare your child for this and explain to them the night before that you are going to alter their bedtime routine. Reduce bedtimes by 5 to 10 minutes each week (or 15 minutes if your child is in the habit of going to bed very late) until you get to the bedtime you want.

- It also might be worth considering that some children struggle to sleep in the summer months because of the warmer and lighter nights. If this is the case, it might be worth fitting some black out blinds or lined curtains in their bedrooms and making sure that their rooms are well-ventilated.

- Finally, your child may not be sleeping well because they are worried about things. If this is the case, avoid getting into discussions like this before they go to sleep. Instead, establish a daily routine where you discuss any of their anxieties or concerns in the day time.

Hopefully, once you child is sleeping for the required amount of time for their age and at regular times, you should find that they are more focused and less resistant to home schooling. The added bonus is that it should impact on your own wellbeing and give you some time to relax in the evening.

In response to the ongoing restrictions, GoLearn! (Leicestershire County Council's Adult Learning Service) has created NEW Online Learning resources FREE of charge.

<https://www.leics.ac.uk/course/view.php?id=4295>

The 'Life and Learning in Lockdown' area has a wide range of learning materials, activities and courses which are open to all members of the public. This new site offers a range of opportunities from digital skills to languages, and wellbeing to family learning.

Support available includes:

- Family Learning resources and activities for parents to support home-schooling and better understand their children's education.
- Courses and activities including: languages, craft, art, cookery, IT, English and Maths.

In addition to the above, GoLearn has resources and support available for any individual facing an uncertain future with regards to work and employment. GoLearn offers a FREE and impartial Information, Advice and Guidance (IAG) service from qualified Learning and Work Advisors available to provide one to one telephone support to help individuals take their next steps in either learning or work.

FREEPHONE: 0800 988 0303 or email adultlearning@leics.gov.uk to arrange a telephone appointment.



Parent's Top Tip



This week's top tip is a simple one: to get up and get dressed as you would normally do on a regular school day. Keep 'pyjama days' for the weekend only. Children will then find it easier to differentiate between home schooling days and the weekend. Sticking to the tiny things that form a part of your normal routine help children to feel secure and help them to know what is expected of them.

Question of the Week



How can I help my child with their worries? I do try to talk to them, but they often end up wanting to discuss things just before bedtime. I know this is the wrong time, but what can I do?

If your child is feeling worried or anxious, it is a good idea to ensure that you make time to listen to them during the day. It is best to avoid discussing such things before bedtime so as not to disrupt children's sleep

(see previous section about sleep and establishing a good bedtime routine).

- One thing that can work for some children is to write their worries down on paper. You might want to consider getting them to make a worry jar. All you will need is an empty jar for them to decorate (something they will probably enjoy doing). They can cover it in stickers, glitter, paint - let them personalise it! Then, get them to fill the jar with any worries they might have.

- Set a convenient time of day in your daily routine to sit down with your child to give them some one-to-one time. Explain to them that they are going to put their hand in the jar and pull out one of their worries for you to both talk about. Let your child explain their worry and ask open questions to get more details if needed. Talk through the worries with your child explain things that they don't understand, ask them for suggestions of things that they think they could do or you could do to help them etc.

- When you have finished discussing the issue with your child, ask them if they feel better about the issue. Is it resolved? If your child feels that they are no longer worried about that issue, let them rip it up and put it in the bin. It might help them to physically dispose of their worry. If they are still not sure, tell them to put it back in the jar for another day and you will talk about it again.

Make this a part of your daily routine to encourage your child to talk to you

in the day time - this should hopefully reduce their worries and ensure that they (and you) get a better night's sleep.

*Please note: If your child is worried about coronavirus, you could try reading the child-friendly books uploaded to the school website. You can find them in the [Online Zone](#) → [Looking After Ourselves – Mental Wellbeing](#). The stories are PDF documents at the bottom of the page.

Website of the Week

Gingerbread

Single parents, equal families

'Today, there are two million single parent families in the country. We champion their voices and keep their needs at the heart of everything we do.'

Gingerbread is a leading national charity working with single parent families. Since 1918, they have been at the forefront of shaping policy and services that support single parents. Their website contains information about dealing with coronavirus at home as well as general support and advice. They also have an online forum for single parents to chat and discuss issues.

Please see click on the link below for more information.

<https://www.gingerbread.org.uk/>

