

WELLNESS

Home Life

Hello from your Wellbeing team,

December 2023

Once again, another term is coming to an end and the children have all done so well. Please take time this Christmas break to make sure you relax, and spend that quality time with the family. With Christmas only next week, we are going to need all the energy we can get. Myself (Mrs Taylor), Mrs Brooks or Mrs Wood are always here to help with advice or just to listen so please do not hesitate to email us on wellbeing@woodton.norfolk.sch.uk for any extra support. We would like to take this opportunity to wish you all a very merry Christmas and we look forward to seeing you all in the New Year.

A thought

Kindness begins with understanding that we all struggle.



Support for families:

Parents reaching out (Children 11-16): parents@kooth.com

Point 1: Support for young people and their families – 0800 977 4077 or point1-support@ormistonfamilies.org.uk

Norfolk Just One Number – justonenorfolk.nhs.uk or 03003000123

Pupil Premium – PP is funding to improve education outcomes for disadvantaged pupils in schools in England. This funding can pay for school equipment, trips and school dinners. If you would like to see if you are eligible, please follow the guidance in this link <https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk>



Think about it!;

Beneath every behaviour is a feeling. And beneath every feeling is a need. And when we meet that need rather than focus on the behaviour, we begin to deal with the cause and not the symptom.



Just a thought;

An individual can sound and look confident and still have anxiety.



The simple things;



feelings before you talk about them



feelings after you talk about them



Supporting Your Child with Anxiety on a School Morning

We have all had those mornings where it is hard work to get the children up and going for school. Some days it goes smoothly, others days it can be a struggle.

Sometimes the harder we try to get out of the front door on time, the more resistance we get. Here are a few ideas to help those mornings and to ease anxiety across the family.

1. Get everyone to bed as early as possible

If you have to wake your children in the morning, they aren't getting enough sleep. Really! Humans wake up when they have had enough sleep! Every hour of sleep less than they need sets your child back a year in access to brain function, meaning they act a year younger. So if you're dragging your child out of bed, make it top priority to start bedtime earlier.

2. Get yourself to bed earlier

If you have to use an alarm, you aren't getting enough sleep. (Sorry.) The morning routine requires infinite creativity and energy from parents. Your children depend on you to start your own day with a 'full cup'. There's no way to stay patient when you are exhausted. And if you are running around trying to shower and get yourself ready, you can't give children the patient connection they need from you.

3. Build in extra time

Get up earlier than your children so you're dressed and emotionally centred before you interact with them. Plan on routinely getting to work fifteen minutes earlier than you're due. Half the time, you won't make it but you also won't lose your temper at your children because you won't actually be late. The other half of the time, you'll have a more relaxed start to your day so you'll be more effective at work.

4. Prepare the night before

Book bags, packed lunches, clothes laid out, coffee pot prepared, and breakfast planned. Involve the children the night before too, so they choose their clothes and find that toy they want to play with before school.

5. Make sure you get five minutes of relaxed snuggle time with each child as they wake up.

I know, it sounds impossible. But if everything else is already done, you can relax for five minutes. That time connecting with your child will transform your morning. You fill your child's cup before the day starts, and you re-connect after the separation of the night, which gives your child the motivation to cooperate instead of fight with you. This is best way to prevent morning whining and resistance.

6. Use connection routines to make transitions easier

Children find transitions hard and the morning is full of transitions. So if getting them out of bed is a challenge, end your morning snuggle by holding hands as you go downstairs together, and make that a meaningful connection time for your child, during which you both come up with something you're grateful for, or something you're looking forward to today.

7. Realise that children need your help to move through the routine

If your goal is to give your child a good start to their day, then you need to see your job as helping them move through the morning routine happily, not just barking orders. That might mean you bring their clothes downstairs with you and they get dressed next to you while you're feeding the baby so you can acknowledge them. "I notice you picked your blue shirt again. You like that shirt.....You're working so hard on figuring out which shoe goes on which foot....Today you're humming while you get dressed." Remember, getting dressed is your priority, not theirs.

8. Make the routine fun.

Children thrive off routine, but sometimes the same every day routine can become a little tedious. Try to incorporate different fun games each day. Maybe little races to see who can get their shoes on first or debate who might have the most fun day ahead. Talk about what you all have to look forward to after school. To bring happy endorphins to our bodies in the morning, sets us up for a good day. A stressful, rushed morning can result in an anxious child entering the classroom.

All these ideas can easily be adjusted to support all different age groups. It's not just little ones that can struggle in the morning, young people can too, especially the older our children become the harder it can be for them to get out of bed at a good time in the morning. The night before preparations can really support this problem.

