



The Family Pack Lifestyle

Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- Sleep
- Healthy Eating
- Routines
- **School Readiness**
- Sibling Rivalry

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”



School Readiness

What is school Readiness?

School readiness" is a term often used to describe how ready children are socially, physically, and intellectually, to start formal schooling

What does School readiness look like?

Some of the Characteristics that we look for before a child is ready for Primary school is;

- Independent in toileting
- Able to dress themselves
- Understands expected levels of behaviour
- Confidence and self-esteem
- Can take turns and share
- Can sit still for a short period
- Can separate from parents/carers
- Communication and language skills needed to communicate needs and listen to others
- Can actively learn and creatively and critically think

Some of the Characteristics we may notice when a child is ready for Secondary school is;

- Starting to become more independent
- Looking towards their future goals
- Wanting to socialise more
- Outgrowing activities they used to enjoy and changing their interests

What if my child is suffering from separation anxiety?

It's fairly common for most children to experience some kind of separation anxiety, but what can we do to help?

- Avoid overscheduling. Focus on playtime, downtime, and healthy sleep habits
- Make a plan to help your child transition to school in the morning (arrive early, act as the teacher's helper before the other kids arrive, get some exercise on the playground before the bell rings)
- Help your child reframe anxious thoughts by coming up with a list of positive thoughts (it even helps to write these on cards and put them in the backpack)
- Alert your child to changes in routine ahead of time
- Empathize with your child and comment on progress made – **Keep your cool** - Try not to disregard your child's feelings. - *they may be hard for, us as adults to understand, but for children they are really important feelings and hard for them to process and control.*

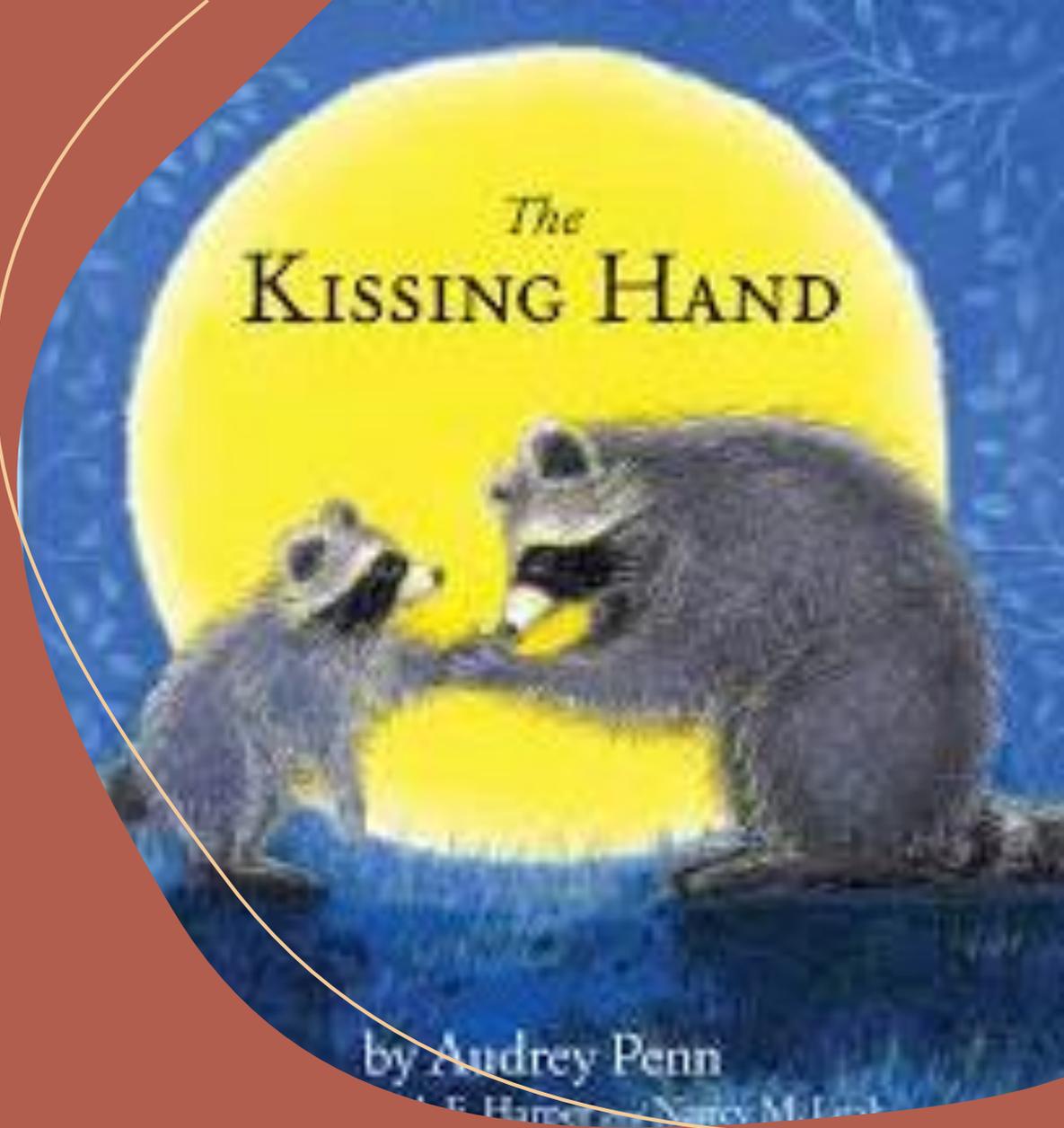
Resources

There is a book and an activity I use with some of the children I work with to understand separation Anxiety.

The Kissing Hand – if you type this on youtube you can read it for free

Activity- We then design a 'Kissing hands necklace'

- Cut out 2 hands and design them, one for parent and one for child.
- Laminate them
- Attach some ribbon and wear as a necklace, it can be kept safe under school top.
- As in the book, kiss each hand before leaving each other.





Handouts

Sleep diary for children & Teens:

<http://www.sleepforkids.org/pdf/SleepDiary.pdf>

<https://www.nhs.uk/livewell/insomnia/documents/sleepdiary.pdf>

Sleep Council:

<https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/>

NHS Healthy sleep tips for children:

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

The good night guide for children:

<https://sleepcouncil.org.uk/wp-content/uploads/GNGC-website-view.pdf>

NHS Sleep tips for teenagers:

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

- What was helpful?
- What did you find most useful?
 - Was it realistic for you?
- Would you feel comfortable explaining these ideas to someone else?
 - Any challenges