



May 2023

*Belonging, Respect, Responsibility*

Dear Parents/Carers

## Parent Voice Questionnaire- A message from Stacey Hodson

In our recent parent questionnaire we had some responses for the SEND question where parents said they 'didn't know' if the school gave the support to help their child succeed. In my role as SENCo I would like to take the opportunity to use this to further develop the support we give all parents.

I have recently sent out a questionnaire just to the parents/carers of children on the register but am keen to support a wider community of parents that would like advice and guidance in specific areas on how to support their children. Please see below the following opportunities available this term and some helpful advice on some key areas.

### Handwriting workshop for Years 1 and 2

Do you know your ascenders from your descenders?

Can you recognise a correctly formed curly caterpillar letter?

If the answer is 'no' come along to a handwriting workshop on **Thursday 8<sup>th</sup> June at 8.35am** in the cabin for a short 15 minutes workshop.

This workshop will give a brief introduction to the letter families and how to correctly form these cursive.

If you would like to attend please sign up in the office.

### Precision teaching- All year groups

Does your child have gaps in their phonics? Do they struggle with reading high frequency words in books?

Precision teaching could help!

This is an intervention that we use in school for individuals and groups of children to help close the gap in specific areas of learning. It is a short 10 minute intervention that could easily be applied at home.

If you would like a demonstration of how this works and how you can use it at home please sign up in the office and come along on **Monday 12<sup>th</sup> June 2.45pm.**



### The benefit of boundaries

We often have parents asking for advice on how to manage children's behaviours at home. Often when we explore these further, many stem from anxiety around change, transitions or other things going on that are beyond parent's control. However, the thing we always say to support children is ensuring boundaries. Secure boundaries set by adults reduce anxiety. Rules and routines like meals, bedtimes and screen time –that are set and monitored by adults- create predictability in a child's life. Predictability reduces uncertainty and that reduces anxiety.

With parental boundaries you are allowing them to grow, understand that they can't always get their own way and teaching them patience. Children learn to cope with disappointment and have empathy for others in the same situation.

Here are a few helpful tips.

- Don't be afraid to say 'No'. Sometimes the best way to define a boundary or set a limit is saying 'no', however overuse can make it lose its value.
- Lead with a positive response, for example 'You can go and play but you need to tidy up first'.
- Don't limit emotions, limit behaviour. For instance, 'it's ok to be angry but hitting is not ok'. It is ok for your child to be upset about things but they need to understand that their actions can hurt people.
- Teach during fun times. Use playtime and other fun positive times to teach appropriate boundaries and reinforce with positive reactions when your child responds in the way you would like.
- Always be consistent and stick to your chosen boundaries, including telling family members how to deal with certain situations. Never change the goalpost.
- Explain-Always try to explain the boundaries that are set e.g., 'I'm not giving you your iPad right now because you only have it at weekends and it isn't the weekend yet'.
- 3 Chances- Give them 3 chances to do as asked, First time is telling them, second time is reminding them and the third is the final chance. Then explain the consequence of them not doing it.
- Having a good routine and sticking to it is always a good start with boundaries and children find comfort in knowing what to expect during their day. Stick to mealtimes, bath times and bed time.
- Make small changes to start with, building up to more difficult boundaries e.g. – Asking them to put their own shoes away, Helping with tidying up before other things can start, Asking them to wait with a visual timer (i.e., egg timer) for a short amount of time before doing something they want to do.

**If you have any questions about any of this please feel free to come and speak to me.**