

Spring Safeguarding

Newsletter

March Edition

Welcome to this month's edition of our Parent Newsletter! As always, we aim to provide you with helpful information and practical advice to support your child's growth and well-being at home and in school.

In this issue, we'll be focusing on three key areas of parenting: Positive Parenting, SEND (Special Educational Needs and Disabilities) Support, and Emotional Health. We hope you find these tips and insights useful and empowering as you continue to nurture your child's unique journey.

Positive Parenting: Building Strong Connections

Positive parenting is all about fostering a nurturing, supportive, and respectful relationship with your child. It focuses on promoting healthy behaviors, developing emotional intelligence, and reinforcing positive self-esteem. Here are a few strategies to try:

- **Model Empathy:** When your child is upset or frustrated, show them empathy by acknowledging their feelings. For example, "I can see you're feeling frustrated. Let's talk about what's bothering you."
- **Set Clear and Consistent Boundaries:** Boundaries help children feel safe and secure. Be consistent in your approach to discipline while balancing it with love and understanding.
- **Praise Effort, Not Just Results:** Encourage your child by celebrating their efforts. "You worked so hard on that project!" builds resilience and a growth mindset.
- **Create Special Moments Together:** Dedicate time for one-on-one activities, whether it's reading together, going on walks, or enjoying a favorite hobby. These moments strengthen the emotional bond between you and your child.



Parenting course information

The Birmingham Family Hubs and Best Start for Life programme is pleased to offer face to face and online universal training options on a range of topics such as Antenatal, Postnatal, Baby, Child and Teen.

Please scan for further details and to sign up:



Supporting Emotional Health: Tips for Building Resilience

Emotional health is essential to your child's overall well-being. As parents, you play a pivotal role in shaping your child's emotional health and resilience. Here are some key strategies to support your child's emotional development:

- **Encourage Open Communication:** Let your child know it's okay to express their feelings, both positive and negative. Create a safe space for them to talk without fear of judgment.
- **Teach Emotional Regulation:** Help your child learn to manage their emotions, particularly in challenging situations. Simple activities such as deep breathing, counting to 10, or taking a break can be effective tools.
- **Validate Their Emotions:** When your child is upset, acknowledge their feelings without immediately trying to fix the situation. This teaches them that it's okay to feel and that their emotions are valid.
- **Promote a Healthy Lifestyle:** Ensure your child gets enough sleep, engages in regular physical activity, and has a balanced diet. These factors have a direct impact on mental health and emotional stability.
- **Build a Support Network:** Encourage your child to develop strong relationships with friends, family, and trusted adults. A supportive social network is essential for emotional resilience.

Useful Links to support Children's emotional wellbeing

- NHS - Every mind matters: <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>
- Barnardo's: <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health/supporting-your-child>
- Young minds: <https://www.youngminds.org.uk/parent/>
- Forward thinking Birmingham:
<https://forwardthinkingbirmingham.nhs.uk/pause>
- Mind: <https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-and-mental-health/>

Supporting Children with Special Educational Needs and Disabilities:

For parents of children with Special Educational Needs and Disabilities (SEND), we recognise the unique challenges you may face. However, there are many ways to create an environment that is supportive, inclusive, and empowering for your child. Here are a few tips for nurturing their growth:

- **Collaborate with Teachers and Support Staff:** Regular communication with your child's teachers or SENDCo (Special Educational Needs Coordinator) is crucial in developing a tailored learning plan that supports your child's needs.
- **Focus on Strengths:** Every child has unique strengths and abilities. Take time to celebrate your child's interests and passions, whether they are in the arts, sciences, sports, or any other area. This can help boost their confidence and sense of self-worth.
- **Advocate for Your Child's Needs:** Don't hesitate to request additional support or resources when necessary. Knowing your rights and available services can help ensure your child gets the best possible support.
- **Create a Calm and Structured Environment:** A predictable routine and a quiet, clutter-free space can make a significant difference in your child's ability to focus and feel secure.

Birmingham's SEND local offer:

Offers help, advice and information about services available for your child or young person from birth to 25 years with a Special Educational Need or Disability.

Please see link for further details:

<https://www.localofferbirmingham.co.uk/>

Nurturing ADHD kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

Phone: 0731 116 7485

Email: contactus@brewseducation.org

What parents have said about this course

This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.

Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.

Very informative, friendly, no pressure, enjoyable sessions

Online Zoom meetings



Free event open to all SEND parents
مفت واقعہ

ہمارے ساتھ شامل ہوں

SEND Urdu coffee morning

Tuesday 1st April 9.30am-12pm

Lakeside Childrens Centre

15 Lakes Road, Birmingham B23 7UH

A chance to meet other Urdu speaking parents with SEND children

دوسرے والدین سے ملنے کا موقع

Have a cup of coffee and take part in some relaxation exercises

ایک کپ کافی پیئیں اور آرام کی کچھ مشقوں میں حصہ لیں

For more details please contact مزید تفصیلات کے لئے براہ مہربانی رابطہ کریں

Marya on 07517 590274 (Urdu speaking)

Eve on 07423 663 681

Sophie on 0121 748 8199





We know that greater awareness of safer sleep leads to a decrease in the numbers of babies dying.

Sadly around four babies a week still die from sudden infant death syndrome (SIDS) and if all parents were aware of safer sleep advice, many lives could be saved. Around 700,000 babies are born every year in the UK and we want to reach all new parents and carers with our life-saving messages.

The ABCs of Safer Sleep



Always sleep your baby...



...on their **back**...

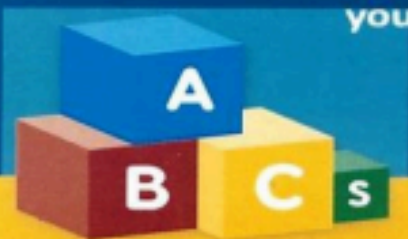


...in a **clear** cot or sleep space.

(free of bumpers, toys, pillows and loose bedding)

Safer sleep for baby, sounder sleep for you

Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.



For support and advice on sleeping your baby safely The Lullaby Trust can help

Visit: www.lullabytrust.org.uk

Contact us on: 0808 802 6869

Email: info@lullabytrust.org.uk

