**4 The Family Session Notes:**

* **Always date your session notes on the day you’re taking them.**
* **Have your videos & websites open and ready to play/share**
* **Show videos as early on into message as possible, then chat around the video**
* **Make sure you’ve familiarised yourself with the suggested web sites as you’ll be sharing these with them**
* **Send video link at the end of each session so participants can look at again or share**

**Introduction:**

Good idea is to take notes from each session on the back of your pre/post evaluation sheet. On first intro session make sure to take note of info on children, partners, grandparents, names, ages, personalities & areas they’re having issues in.

Email & contact info can be written on the front of the evaluation sheet.

Advise you will be emailing them the Registration & PAP form later today and ask if they can please fill out before you start session 1. Explain that the info submitted is for statistical purposes only and will not be shared with any other agency, it’s so that SDCP can receive government funding to run these type of programmes Free of charge. Complete pre-evaluation over phone.

**Week 1 Play:**

**\*speed introduction:** share info on children ( you will already have info from intro session), but if delivering to group this is a sharing exercise so participants can get to know each other a little too.

**Message 1 - You are your Childs 1st teacher**

Encourage day to day learning activities: counting steps on stairs (maths), sorting colours, nursery rhymes (memory skills/ speech/language), colouring (pre-writing skills) & environmental print (signs/ nature/ people).

**Message 2 - 10 mins of play everyday**

Remind them about positive parenting concept, positive attention (through play) for positive behaviour=reduced bad behaviour.

**Activity: Flip chart**

Take suggestions from parent how they played and reminisce.

On opposite side of board take suggestions on how kids play now, then

compare and suggest they share some of their games with their own kids

**Types of play you can discuss:**

**Sensory play**: water/ sand/ playdough/ gloop. Touch, smell, hear…..helps them be more open to exploring & taking chances outside of play.

**Real world play:** using real world objects like phones, cups, plates etc. to act out real life. Helps parent teach how we use things, manners, communication etc. and give us a look into their understanding of the world.

**Message 3- Follow their lead**

Give example of playing with a jigsaw with your child, when they leave out the last 2 pieces and you want to “fix” or complete it!! Remind them it’s the journey not the end results that matters with play, let them decide how it ends.

**Message 4 – Raise a Reader**

Benefits of reading you can share:

* Explain that if parents didn’t ever pick up a book and share with their child, they wouldn’t be able to know the front from back, if book was upside down, direction of print or start, middle or end of a story, all invaluable skills for school and future readers
* Lifelong skills: improves concentration, memory, listening, analytical, prediction, confidence, help them navigate their environmental print.

Main message we want to teach children is that: **words & images represent meaning**

**Week 2 - Parenting**

**Message 1 – Press the pause button**

Few suggestions to help calm situations

- **636 breathing technique** - breathe in through nose to the count of 6, hold for 3 secs and blow out through mouth for 6. Try practice a few times a day, takes 45 secs but helps focus the mind and distract negative thoughts & then can be tapped into when you feel that angry ball brewing!

**- Respond, don’t react –** try pause and think about situation for a few seconds before you say or do anything, have a quick think about what’s really happening, could it be that you’re not in the best of form and are reacting out of your own frustrations. If you **react** you’ll probably roll with your emotions and raise your voice etc.. and then they will **react** back, by doing the same thing.

- **Visualise the red traffic light**, reminding you to stop & take the breaths or to think for a few secs

- **Distract** - a very powerful tool, dance/ sing/ throw yourself on the floor for play time!

- **If all else fails**, remove yourself from the situation if possible for a couple of minutes.

Most sticky stressful situations are very prolonged by us because were reacting not responding and will end much quicker if we try and understand that.

**Message 2 – Baby See, Baby Do**

Re-inforce the message of modelling behaviours we’d like our children to do.

Praise from another person is really good but there’s nothing stronger to boost your confidence than self-belief, self-praise. It takes practice but really benefits you and in turn if your kids see you doing this often they will model this behaviour and praise themselves and therefore have much higher self-esteem.

**Message 3 – Catch your child being good**

Specific praise – when your boss tells you you’ve done a “great job” you feel good but when he tells you the exact part of the job you done that was great and is very specific, the chances are you will always do that part of the job to the best of your ability time and time again and you’ll feel really good, try it and see your kids doing the same thing!

**Message 4 – Don’t think of a Blue Teddy**

E.g. don’t jump on the coach, rephrase “off the coach” or “bums on seats not feet”, also a good idea to suggest alternatives or what you’d like them to do

e.g., go jump on trampoline or your pogo stick. Towels off the floor and onto towel rail please………..

**Week 3 – Health**

**Message 1 - Active kids do better in school**

Remind them that good physical activity is when heart rate is raised and you’re a little out of breath.

Suggestion : obstacle course, indoor & outdoor, great family planning activity, each member has to come up with physical activity ideas that last 5 mins, use timer, squats on chairs, up and down stairs, frog hopping from cushion to cushion etc.…

Google – obstacle course ideas, use timer to challenge.

**Message 2 – Parents are key to children’s participation in sport**

Trying to link the connection between sport/ physical activity and feeling good is a really powerful tool. When your child comes home from playing/ sport, verbally notice how flush their cheeks are, how they look really happy and ask them if they feel good after their activity. Explain that when their heart rate is raised and they’re a little out of breath this means their working their body and it’s sending happy feelings (hormones) throughout their body, giving them a happy boost. Make this the norm as a concept and attitude towards activity in your home and tap into it when you’re all feeling sluggish or if humours are down, they’ll soon grasp that exercise makes you feel good. Also try to do at least 1 physical activity a week together, bike ride/ football.

Don’t forget to use confidence boosting terms when supporting them in sport/ pa e.g. you’re so focused, such a tryer, determined etc.……

**Message 3 – Say no to treats**

-Try not to always focus on “sugar”, talk about healthy foods and what they do to your body. Sometimes they are overloaded by the dreaded “sugar” word.

- Involve them in food prep as much as possible

- Jamie Oliver has great healthier treat ideas on line

- Try replacing the after dinner biscuits with yogurt and fruit, granola bites, fruit and ice cream….

- Monday – Thursday – no rubbish rule

- Lunch box treat box – give them control of how & when

**Message 4 Fit Fam**

* Safefood website – very holistic approach, helps explain the connection between food, sleep, exercise and behaviour, really practical tips and a programme called START designed to get you on track.
* Activekidsdobetter.co.uk – loads of ideas on physical activities

**Week 4 – Technology**

**Message 1 - Pause for Play**

* Emphasise that Covid has had an impact on these recommended screen time guidelines, but now that school is back on we could try make a big effort to revert to pre Covid rules regarding technology or if none already in place, maybe have a think about some.
* Why not try a 24-72 hour screen time usage monitor, where each family member’s device is set to record usage (and broken down by individual apps). Discuss and challenge yourselves to decrease usage times each day, until you reach an agreed acceptable period.
* Have a tech free day once a week.

**Message 2 – Healthy Tech habits**

House rules re technology should always be discussed and agreed with kids so that they always know what the core rules are in their home. As kids get older some of these rules will also change, but agree which ones won’t! examples:

- when friends over, only a specific amount of time allowed on screen

- no devices in bedrooms, kitchen table

- no screen time until homework done

- no screen time an hour before bed

Remember Healthy tech habits need to be modelled!

**Message 3 – Safety Net**

Try and send the message to our kids that the internet is not a “virtual world”, that just because they are sitting behind a screen in the safety of their homes, what they do and say on line is real and has impact and if they speak to someone on line, it’s a real conversation. Would they chat to a stranger on the road without you?

* Maybe a rule that they need permission to download an app and if they don’t ask and then do it, the app will be removed from device indefinitely. This will give you a chance to find out about the app through google safety, before you make a decision.
* Maybe only allow “Children’s YouTube” to be used.
* Internet Safety Hangman a good starting point to discuss what they know already and to teach them what they don’t know

**Message 4 - # BeinCtrl**

Video refers to sexual Coercion, aimed at children who have phones. If participants children very young, you might want to hold off on showing the first part of the video and press play at 3:05 mins and advise them they could watch at a later stage.

**Finish with the post evaluation, use a different colour pen to circle numbers appropriately and congratulate them if there are improvements. Advise that you will be sending them a link to the programme evaluation form, same format as registration jot form & would really appreciate if they could fill out asap. They will also receive links to all 17 videos and their Certificate of participation.**