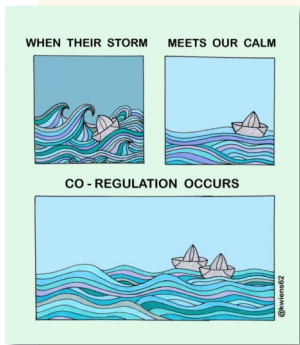
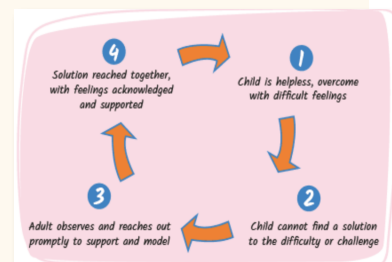


## Co-regulation



It's important to remember that our emotions are a powerful way to connect with others but if we're unable to manage them, they can lead to conflict and harm. Self-regulation, or the ability to control our own emotions and behaviours, is something that most adults have learned over time.

Co-regulation, on the other hand, happens when two people support each other in managing their emotions. For adults, this can involve teaching children how to handle emotions on their own. There is scientific evidence that our own stress can affect others, just as our calmness can have a calming effect on others.



Successful co-regulation between a responsible adult and a child involves helping the child to calm down independently. It's crucial to identify the specific things that upset us and consider our reactions to them, known as stress responses. Understanding our own stress responses can help us to recognise stress responses in children. These will vary widely depending on the child as well as the situation and enable us to provide the right support.

Whether you're a teacher, a parent or a caregiver, there are several strategies to help a child calm down before their emotions spiral out of control. If a child is screaming and crying, causing a stress response in you, take a deep breath to calm yourself and crouch down to the child's level. Make eye contact and acknowledge their feelings by saying: "It looks like you're really upset right now." Try to speak in a soothing and calm tone. The goal is to help soothe their intense emotions. Finally, guide them through a calming exercise. If they're hesitant, demonstrate the exercise yourself and explain that it's a good way to deal with intense emotions.

### Get on their level

When a child feels overwhelmed, get down to their eye level and make eye contact. Studies have shown that eye contact can build trust and a sense of connection, helping kids to feel safe. However, it is important to note that some children with autism may be extremely sensitive to direct eye contact so it's best to pay attention to the individual child's cues.

### Change your tone

When a child is upset, staying calm and speaking softly can help them feel more at ease. Kids tend to copy what they see due to special cells in our brains, called mirror neurons, which help us understand and share the feelings of others. By showing a peaceful attitude, you can help the child feel calmer and more understood.

### Give them a hug or a squeeze

When children are extremely upset, they might be sensitive or even averse to touch. However, if a child is open to touch, it can be a powerful tool for calming them down. Touch can increase someone's oxytocin levels. Oxytocin helps us to feel good and continues to be released even after the touch so a hug or a hand squeeze can have a lasting positive effect.

### Guide them in a calming exercise

If there's a calming or breathing exercise that the child knows, suggest doing it together. If they refuse, don't be discouraged. Explain that you want to do the exercise because it helps you to calm down. It's beneficial, especially for very young kids, to reinforce the purpose of these exercises. Start doing the exercise yourself. The child might watch you or even join in.

Co-Regulating Moves	This Might Look Like:
Set the scene	Using lighting as a cue – dimmer to bring the energy down, brighter to bring the energy up
Match volume and tone	When a situation is escalating, keeping a quiet or moderate volume with a serious, calm, steady tone
Check your physical presence	Getting on students' eye level to balance power
Use reflecting language	Naming the emotions students express as a way to show you are listening to or seeing them
Prompt strategies and choices	Remind students of available supports or strategies, when they might not be at their best

We are imperfect beings and won't always respond in the best or most mindful way when we're upset. However, making an effort to be aware of our own emotions and behaviours sets a powerful example to kids.

The key takeaway of co-regulation is that children absorb what they see you do and it may be easier for them to calm down if you show them how. As Hoffman says: "The best way to teach is to model."



## Parenting smart

Navigating through the school holidays can be challenging but it's an opportunity to find constructive ways to engage and support children as they deal with changes in routine and weather.

### Routine changes

Preparing for routine changes can significantly minimise undesired behaviour. Although maintaining a strict schedule may not be feasible in the summer, providing advance notice of plans and giving time warnings can set children up for success, particularly those who are sensitive.

### Managing sleep time

During the holidays, numerous events occur within a short timeframe which may disrupt children's normal sleep routines and lead to fatigue and irritability. When you anticipate changes to sleep time, consider increasing downtime during the day. You can include quiet activities at home such as reading, art and sensory play. If children are not getting enough sleep, encourage relaxation activities or adjust your response to hyperactive behaviour.

### Social expectations

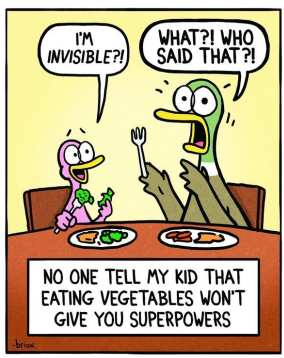
The summer holidays can involve interacting with other children and families. Managing social situations is crucial for a smooth experience. It's important not only to prepare your children for family interactions, but to help others understand your child's needs. Help your child understand the expectations by using visual aids to address concerns before the event or activity. After practicing social skills, explain to others how the excitement can impact your child's hyperactivity.

### Deal with overexcitement

The holiday season generates a lot of excitement which can often overwhelm children emotionally. However by streamlining activities and planning in advance, it is possible to lessen their worries and help them navigate this busy time more smoothly.

### Nutritional food

It's important to prioritize nutrition. Having healthy food readily available can improve moods, combat changes in sleep and support brain and body development. Consider preparing a limited 'snack attack' lunch box or bowl of snacks for the day, including for adults. Once the snacks are gone, they're gone for the day.



Practical tips to support children's wellbeing and behaviour can be found here: [Place2Be: Parenting Smart: Articles](#)

Remember, we are not perfect, but being organised and remaining calm can keep behaviours from escalating.

**ZERO SPEND**

## Bored jar activity list

- Draw a treasure map
- Invent a new game
- Feed the birds
- Go bug hunting
- Pair socks
- Make an obstacle course
- Press a flower
- Play a board game
- Draw pictures of your family
- Water the plants
- Draw an animal
- Build a really tall tower
- Clean the windows
- Write a story about yourself
- Learn some sign language
- Have a fashion parade
- Make an monster collage
- Tell some jokes
- Try birdwatching
- Read a book
- Put on a talent show
- Write a funny poem
- Do twenty star jumps
- Write someone a letter
- Have a disco
- Paint your family
- Watch a film
- Make the beds
- Design a new car
- Play charades
- Craft a robot from recycling
- Have a teddy bears picnic
- Paint rocks
- Make a musical instrument
- Blow bubbles
- Call a grandparent
- Dress up
- Try some yoga
- Invent a super hero
- Design a family crest
- Make paper aeroplanes
- Play 'i-spy'
- Make a junk model
- Play hopscotch
- Do the washing up
- Put on a puppet show
- Play hide and seek
- Make a time capsule
- Doodle
- Tidy your room
- Play balloon tennis
- Read a magazine
- Plan a trip to outer space
- Make a den
- Draw a mythical creature
- Do a puzzle in record time
- Make a card for someone
- Wash the car
- Play the ABC game
- Bake a cake
- Build a lego maze
- Start a diary
- Make a gift for someone
- Have a bubble bath
- Play with playdough
- Listen to the radio
- Make a comic book
- Plan an adventure
- Take some pictures
- Bake some bread
- Find shapes in clouds
- Have a hot chocolate
- Mow the lawn
- Make an alien mask
- Sharpen all your pencils
- Tell a story
- Thumb wrestle
- Make a sock puppet
- Play a card game
- Design a poster



As a parent or carer you play a key role in helping your child to stay safe online.

## Online safety

**As a parent or carer, you play a key role in helping your to child to stay safe online.**

From schoolwork to connecting with friends, kids use screens for all kinds of things so it's not realistic to forbid them altogether. But there are good reasons to be aware of how much time your child is spending on their devices. It's important to consider what content they're looking at and how they're engaging with it.

**It is really important to chat regularly with your children about staying safe online. Not sure where to begin? These conversation starter suggestions can help.**

Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

*What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?*

Ask them if they know where to go for help.

*Where can you go to find the safety advice, privacy settings and how could you report or block on the services that you use?*

Ask them about how they stay safe online.

*What tips do you have for staying safe online and where did you learn them? What is okay and not okay to share?*

Think about how you each use the internet.

*What more could we do to use the internet together? Are there activities that you could enjoy as a family?*



## Boredom busters

**Every child deserves to feel safe online and we all have a part to play.**

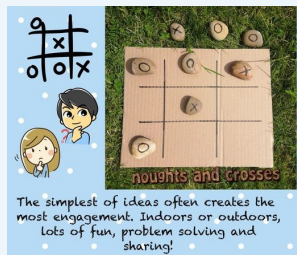
Find out more at Internet Matters

<https://www.internetmatters.org/schools-esafety/primary/>

[https://www.youtube.com/watch?v=caX\\_wpyGnwQ](https://www.youtube.com/watch?v=caX_wpyGnwQ)



### Noughts and crosses



### Leaf mini-beasts



### Sensory bin



### Outdoor symmetry

Following on from earlier in the week when we painted symmetrical butterflies, how about recreating them outdoors?



### Sun catchers



### Food faces





# Positive teens

## Summer teens and easy living

For lots of us, the summer holidays provide relaxing days, a chance to catch up with friends and fun activities. But for some children, it's a stretch of boring days, with little to do. For many families there may not be the time or money to do what their children want. Some pupils may be nervous about school ending for summer and the lack of routine this provides.

So it might be helpful to explore some cheap and easy activities with your class. If you have a bit of spare class time or an IT lesson at the end of term, why not set a task for your class to research activities to do over the summer.



### Go green

Think about all the green spaces there are locally and what activities take place during the break. What can be done alone or with a group of friends?

### Explore the local community

Explore the local leisure centres, youth clubs and recreation grounds. Are there any activities going on? Free swim days or other days put on by the local council?

### Find a library

Research which libraries are open and when. Is there free access to computers? Are there any clubs running over the summer?

### Volunteer

Find out about local youth groups where you can volunteer - this is a good way of making new friends. Visit [www.iwill.org.uk/get-involved/young-people](http://www.iwill.org.uk/get-involved/young-people).

### Become an author

Write and illustrate a book or zine using some paper and pens. Research themes and inspiration online or in books.

### Take on a challenge

Learn to ride a bike, swim, roller-skate or learn a new language. Check out your local library for books on learning a new skill.



### Keep in touch

Explore how to keep in touch with friends and classmates over the holiday. Arrange meeting up once a week at the local park or shopping centre.

### Watch a film

Find out about local cinemas which may show some films for free or at reduced prices for children and young adults.

### Go somewhere new

Visit local museums and galleries. Research which ones are nearby and free to visit.

### Become a photographer

Take photos of your local area on a phone or camera. If it's difficult to access, borrow one from a friend or family member.



### Cove

#### Music for your mental health.

Clinically approved to help you self-manage your mental health using music therapy principles in an easy and enjoyable way.

### ThinkNinja

Mental health app designed for 10-18 year olds. It allows young people to learn about mental health and emotional wellbeing whilst they develop skills that they can use to build resilience and stay well.



### Nature events

Regular events across Berkshire, Buckinghamshire and Oxfordshire.

[Find out more](#)

[Find out more](#)

[Find out more](#)



@pactcharity

See all our BB4K newsletters [here](#)

To get in touch email [bb4k@pactcharity.org](mailto:bb4k@pactcharity.org)

Bounce Back 4  
Kids is part of



**Wellbeing exercise for you and your child to try out**

### Mindful Listening

- Find a place where you would feel comfortable to sit and listen to some music with your child - this could be inside or a safe space outside.
- You could use headphones or play the music out loud - but find a song that you both like and get it ready on a phone/laptop/ipod - don't press play just yet!
- Grab a notebook/piece of paper and a pen each - press play!
- Now, create a visual soundscape of what you hear around you. Lines, marks, patterns, symbols, colours and shapes of different sizes and thicknesses can be used to represent what you hear.
- As you listen, how do you feel about the sounds you hear? Does this change how you make your marks?
- Take a look at the artwork you have just created! Chat with your child about what is similar and what may be different?

You can try this activity with different songs or even try it when out in nature listening to birds/trees/wind!

### PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEK SUMMER HOLIDAYS 2024

- Coconut Tree**  
Kids Eat Free during the summer holidays at Coconut Tree restaurants. One child (aged 10 and under) eats free per paying adult. Valid every day, 12pm - 6pm from Monday 22nd July to Friday 6th September 2024
- Las Iguanas**  
Download the app and join 'My Las Iguanas' for free meals for mini Iguanas. Niños get a main, two sides and a dessert with every adult main (or three tapas dishes) purchased.
- ASDA Cafe**  
Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required. The offer has been extended until the end of 2024. Children will receive a free piece of fruit such as an apple, pear or banana when purchasing the hot kids £1 meal deal. Asda also provides FREE Ella's baby food pouches for children under 16 months old with any purchase.
- Morrisons**  
Kids eat free all day, every day in Morrisons cafes nationwide, daily with every adult meal over £4.49. This offer includes half terms.
- TGI Fridays**  
Kids Eat Free all day every day when 'Stripes Rewards Members' purchase a full-priced adult's main meal. If you're not a Rewards Member, book your table and then download the app before your visit.
- Yo! Sushi**  
Kids eat free at YO! Sushi from Monday 1st July - Friday 30th August 2024, all day Mondays - Fridays when dining with a full-paying adult (minimum £10 spend)
- Beefeater**  
Two children get free breakfast with one paying adult! It has also been reported that if you sign up for their newsletter they send out a code for kids to eat free.
- Brewers Fayre**  
Up to two Kids (under 16) eat free, unlimited breakfast with any purchase of an adult's breakfast.
- Sainsbury's Café's**  
Sainsbury's Cafes offers one child hot meal or lunch bag for £1 with any adult main purchased over £5.20. This offer is on every day from 11:30am. Kid's mains include one main, 3 sides a drink and a piece of fruit.
- Gordon Ramsay's Restaurants**  
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants with a purchase of an adult meal from the a la carte menu.
- Purezza**  
Children under the age of 10 get free pizza at Purezza with every adults meal. Offer valid all day, every day.
- Sizzling Pubs**  
During School Holidays, for every £4 spent by an adult in the cafe, kids can enjoy one free mini main, two yummy snacks and a drink - across all menu items. The offer is running all day everyday, at Pausa Cafes at Dunelm
- Preto**  
Kids eat free all day, every on weekdays with paying adults at Preto. This offer is open to children up to 10 years old - This is an ongoing offer that is on only during summer holidays and half terms. You should download a 'Kids Eat Free' Voucher to show your server.
- Whitbread Inns**  
Purchase one great value £9.50 breakfast at any Whitbread Inns pub or restaurant and two kids under 16 eat breakfast for FREE.
- Future Inns**  
At Future Inns, under 5's always eat for free with any adult meal.
- Table Table**  
Two children under 16 years old can get a free breakfast every day with one paying adult!
- The Real Greek**  
Kids under 12 Eat Free Every Sunday at The Real Greek with every £10.00 spent by an adult.
- Bella Italia**  
Kids Eat Free all day every Thursday and for £1 between 4-6pm, Sunday to Wednesday. Kids can enjoy three delicious courses & a drink! Meals are suitable for 2-11 year olds.
- IKEA**  
Kids can enjoy Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50 every day from 11am. Also on Friday's kids get tomato pasta, a drink and a piece of fruit for just 45p.
- Premier Inn**  
At Premier Inn, you can enjoy their all-you-can-eat Breakfast for just £9.75 and up to two kids under 16 eat for free.
- Travelodge**  
You can enjoy their all-you-can-eat Breakfast for just £9.75 and up to two kids under 16 eat for free.
- Dobbies Garden Centres**  
For every purchase of an adult breakfast or lunch, kids eat for FREE. This offer is on every day.
- Farmhouse Inns**  
Kids eat free is available at SOME Farmhouse Inns pubs. Please see your local for information.

### SCHOOL UNIFORM SALES 2024

	Deal	When?
	£5 school uniform bundle	4th July * confirmed
	25% off uniforms (with Clubcard)	23rd July * predicted
	25% off uniforms (with Nectar)	19th June * confirmed
	20% off uniforms	2nd July * predicted

### Managing change when leaving primary school

### Words matter

Let your children overhear you saying nice things about them.

- Remember your words become their internal voice.
- Be kind always.
- Talk nicely about others.
- When we point out the good in others, it's easier to see the good in others.

### Talk about what's happening

Talk to your child about the upcoming change and explain why it is happening. This is an opportunity to discuss what the change may bring and address any concerns they may have.

Try... The "What If" game - take turns imagining different scenarios related to the change. This allows your child to express their thoughts, concerns, and expectations while sparking meaningful conversations.

### Encourage expression of feelings

Change can draw out a range of emotions in children. Let your child know it's natural to feel a mix of excitement, nervousness, or sadness. Create a safe space for them to talk about their concerns, and provide comfort and understanding.

Try... Read books together about characters who are going through a similar transition and talk about their emotions. There are plenty of examples online or try your local library.

### Involve Your Child in Decision Making

Where appropriate, involve your child in the decision making process related to the transition. This involvement gives them a sense of ownership and control over their new experience.

Try... Plan an outing to shop for school supplies or items needed for the transition. Let your child take the lead in choosing their own supplies, such as backpacks, notebooks, or lunchboxes.

### Embrace change and remain positive

Emphasise the positive aspects of the change. Talk about new opportunities, friends they might make, & exciting activities they can look forward to. Maintain an optimistic attitude and convey your own enthusiasm.

Try... Decorate a jar together. Fill it with notes about the positive aspects or exciting things about the upcoming change on colourful slips of paper, if your child feels apprehensive they can pick out a note and read it aloud.

### SUMMER CO-PARENTING TIPS

- PLAN AHEAD BUT BE FLEXIBLE**
- COMMUNICATION IS KEY** TALK ABOUT SUMMER PLANS WITH YOUR CO-PARENT EARLY AND OFTEN
- SHARE THE COSTS** DISCUSS CHILD EXPENSES SO YOU CAN BUDGET FOR THINGS LIKE SUMMER CAMP OR CHILD CARE
- REVIEW YOUR PARENTING PLAN** BE PREPARED FOR SUMMERTIME SCHEDULE CHANGES OR PROVISIONS REGARDING TRAVEL
- SEEK PROFESSIONAL HELP IF NEEDED** CONSIDER SEEKING GUIDANCE FROM A FAMILY LAW ATTORNEY
- HAVE FUN!!** KEEP YOUR CHILD'S NEEDS FIRST BUT DON'T FORGET TO TAKE CARE OF YOURSELF

