



# Parent/Carer Wellbeing Newsletter

Hi Everyone!

As always, we bring you your termly Wellbeing letter, with lots of guidance, information and links, which are hopefully of use to you over the Easter break.

## Parent/Carer Resources

It's National Autism Awareness week. The National Autistic Society has some wonderful resources for parents and carers who may want guidance with a child or family member. The link for the family area may have some useful guidance for you.

<https://www.autism.org.uk/what-we-do/families>

I have often sent out the link to Young Minds, but their parent portal has now been updated where you can find links from an 'Parents A-Z guide to support' to 'starting a conversation with your child'.

<https://www.youngminds.org.uk/parent/>

Useful Apps for younger children... *NB: I haven't tried and tested them, so you may want to do so before sharing with your children, but their reviews are very well resourced.*

## Breathe, Think, Do with Sesame



Breathe, Think, and Do with Sesame app helps kids learn to deal with frustrating situations using the "breathe, think, do" method. They'll learn to take long, deep belly breaths to calm down, think of a few strategies to handle the problem, and then do those things. They'll develop resilience as they overcome frustrations and challenges on their own. Suitable for children as young as two years old.



## Children's Bedtime Meditations

Anxiety, fear, and stress can lead to sleeplessness. Tiredness can amplify negative emotions. A vicious circle can form. If your child is worried at nighttime and kept from sleep by an unquiet mind, consider Children's Bedtime Meditations for Sleep & Calm.

This app is free and comes with six meditations that can be added to with in-app purchases. The gentle stories, soothing music and soft sounds are designed to calm and distract the mind so that children can drift off to sleep naturally. Try it once, for free, and see how it works. There's nothing to lose and hopefully a good night's sleep to gain.

## *Resources for older siblings*

The above also is useful for older siblings, as well as younger children.

<https://www.youngminds.org.uk/parent/>

The link below is a support hub of practical tools for those teenagers, young people and adults who need ways to help themselves cope in a crisis.

<https://www.mind.org.uk/need-urgent-help/>

## *Resources for you: self-care*

I always think self-care is 'a given' and when reading ideas and advice it almost seems like one of those 'yes, of course' moments. So, the below links are really just a reminder of some known ideas that we may not get the opportunity to practise, but know we should. Finding time is always hard, but it really should be like 'cleaning our teeth for our mind'... so I've even added one to help those of us who may only have a minute.

<https://www.verywellfamily.com/self-care-for-parents-4178010>

<https://www.bbc.co.uk/bitesize/articles/zdp93j6>

[https://www.healthline.com/health/parenting/self-care-strategies-for-parents-no-time#\\_noHeaderPrefixedContent](https://www.healthline.com/health/parenting/self-care-strategies-for-parents-no-time#_noHeaderPrefixedContent)

## Half Term fun for the family

Martin Lewis is helping us this time around for ideas with cheap ideas for fun Easter activities to do in doors... click the link to find out what he has to offer!

<https://www.moneysavingexpert.com/team-blog/2020/04/free-or-cheap-kids-easter-activities/>

Kent Online has an array of ideas for every budget, starting this weekend the 2nd April 2022.

<https://www.kentonline.co.uk/whats-on/news/put-a-spring-in-your-step-with-our-easter-guide-264435/>

What's On In Kent also has some ideas from Peter Rabbit shown on a 150" screen and easter egg hunt to Demelza putting on an Easter Egg Hunt in Doddington Palace Gardens near Sittingbourne.

<https://whatsoninkent.com/easter>

And Primary Times has a simple list of everything on offer.

<https://www.primarytimes.co.uk/kent/listings>

And we couldn't forget our very own Leeds Castle Easter Nest Trail

<https://www.leeds-castle.com/What%E2%80%99s+On/Included+with+your+Admission+Ticket/Easter+Nest+Trail/>

We hope we've covered a lot of useful information and guidance in this term's email.

Please don't forget you can get in touch with your school regarding any support you may need via your school's office, or via our dedicated wellbeing email:

**Kingswood - 01622 842674**

**Ulcombe - 01622 842903**

**Leeds & Broomfield - 01622 861398**

**Platts Heath - 01622 850316**

**Email:**

[wellbeing@aspire-kent.org.uk](mailto:wellbeing@aspire-kent.org.uk)

We would like to wish everyone a lovely Easter break, where we hope to see some sunshine over the next two weeks!

*Happy Easter everyone!*

Mrs Sanchez and The ASPIRE Team