

Level 2 Early Help



**Supporting parent/
carers with children
aged between 5-10
years old**

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Introduction

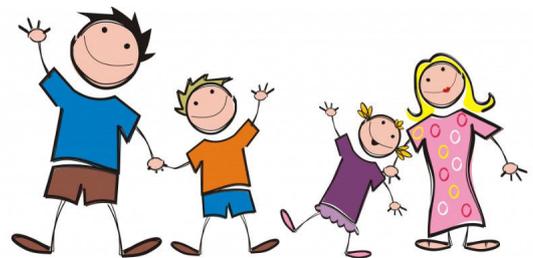
Dear Parents and Caregivers,

Parenthood is a remarkable journey filled with excitement, wonder, and, at times, challenges. As your child grows and evolves, you have the incredible opportunity to be their guide, confidant, and greatest champion.

Your love, guidance, and encouragement shape their beliefs, values, and aspirations. By providing a secure and nurturing environment, you're helping them become confident, compassionate, and capable individuals.

This pack is designed to support you parenting children aged between 5-11 years old. The years between 5 and 10 are a time of incredible growth and development for your child. They are exploring the world, forging friendships, and building the foundation for their future. Your role as a parent is pivotal in nurturing their emotional intelligence, self-esteem, and resilience.

This pack contains practical advice on various aspects of parenting your 5-10 year-old, from effective communication and setting boundaries, to promoting independence, screen time, managing technology, and nurturing their unique talents and interests. Our goal is to empower you with knowledge and strategies to support you on this journey.



Understanding Child Development

Between the ages of 5 and 10, children undergo significant developmental milestones across various domains including physical, cognitive, emotional, and social areas. It's important to remember that individual children develop at their own pace, and these milestones can vary somewhat between individuals.

Here are some key developmental milestones for children aged 5 to 10:

Physical development:

Gross motor skills

Children become more skilled in activities like running, jumping, skipping, and climbing.

Fine motor skills

Improved hand-eye coordination leads to better handwriting, drawing, and the ability to manipulate objects with greater precision.

Growth

A steady increase in height and weight continues, although the rate of growth may slow compared to earlier years.

Tooth development

The shedding of baby teeth and the emergence of permanent teeth typically begins around age 6.

Cognitive development:

Language skills

Vocabulary expands, and children become more proficient at using grammar and expressing complex thoughts.

Reading and writing

Many children learn to read and write during this period, with varying levels of proficiency.

Mathematical skills

Basic math skills progress, including addition, subtraction, multiplication, and division.

Problem solving

Children become better at solving puzzles, logical thinking, and making decisions.

Emotional development:

Emotional awareness

Children become more aware of their own emotions and those of others.

Empathy

Improved understanding of others' feelings and the ability to show compassion.

Self-regulation

Better control over emotional reactions and impulses.

Self-Esteem: Developing a sense of self-worth based on achievements and experiences.

Social Development:

Friendships

Children form more complex and meaningful friendships, which become increasingly important.

Cooperation

Better ability to work in groups and collaborate with peers on tasks and projects.

Conflict resolution

Learning how to resolve conflicts and negotiate with others.

Understanding social norms

An increasing awareness of societal rules and expectations.

Remember:

It's important to remember that individual children develop at their own pace, and these milestones can vary somewhat between individuals.

We often speak to parents who compare their children's development to others, sometimes leading the parent to feeling worried and concerned.

If you have any concern's regarding your child's development, please speak to a health care professional.

Moral development:

Developing a moral compass

Children start to form their own sense of right and wrong, often influenced by family, peers, and society.

Empathy and compassion

A growing understanding of the impact of their actions on others and the ability to show kindness.

Independence:

Self-care

Increased ability to dress, feed, and groom themselves independently.

Responsibility

Taking on more responsibilities at home and in school, such as chores and homework.

Play and creativity:

Imagination

Flourishing creativity and imaginative play, including storytelling and pretend play.



Hobbies and interests

Developing specific interests and hobbies, such as sports, arts, or music.



Remember that these milestones are general guidelines, and children may reach them at different ages and paces. It's crucial to provide support and encouragement that aligns with your child's individual needs and interests, fostering a nurturing environment for their overall development.

How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



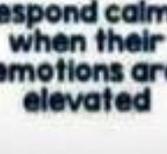
Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries

Effective Communication

Effective communication is the cornerstone of successful parenting, especially when dealing with children aged 5-10. During this developmental stage, children are at a crucial point in their emotional, social, and cognitive growth.

Here's why effective communication is essential in parenting children in this age group:

Building trust and security

Effective communication creates a safe and secure environment for children. When kids know that they can openly express themselves and be heard, they feel valued and loved.

Strengthening parent-child relationships

Communication is the bridge that connects parents and children. It fosters a sense of closeness and connection that is vital for emotional well-being.

Promoting emotional intelligence

Children aged 5-10 are learning to identify and manage their emotions. Effective communication helps them understand and express their feelings, leading to emotional intelligence development.

Encouraging independence

Clear and open communication allows children to voice their opinions and make choices within appropriate boundaries. This encourages independence and decision-making skills.

Problem-solving skills

Effective communication models problem-solving strategies. Children learn to express concerns, listen to others, and work collaboratively to find solutions.

Active listening

Effective communication involves active listening. When parents actively listen to their children, it demonstrates empathy and understanding, which fosters a strong parent-child bond.

Teaching respect and empathy

Through effective communication, parents can teach their children about respecting others' viewpoints and feelings. It cultivates empathy and compassion.

Reducing misunderstandings

Misunderstandings and conflicts are natural in any relationship. Effective communication minimizes misunderstandings by ensuring that both parent and child are on the same page.

Encouraging openness

When children feel they can openly communicate with their parents, they are more likely to share their concerns, challenges, and successes. This openness allows parents to provide appropriate guidance and support.

Supporting cognitive development

Language and communication skills play a significant role in cognitive development. Engaging in meaningful conversations with children can enhance their vocabulary, comprehension, and critical thinking abilities.

Conflict resolution

Effective communication provides the tools needed to resolve conflicts peacefully. Children learn to express themselves constructively and find mutually agreeable solutions.

Setting positive examples

Parents serve as role models for communication. When parents communicate respectfully and effectively, children are more likely to adopt these same skills in their interactions with others.

Helpful tips:

Stay Calm! In moments of conflict or frustration, remain calm and composed. Yelling or losing your temper can hinder effective communication.

Remember that effective communication is a two-way street. It takes time and patience to build trust and a strong bond with your child.

Effective communication builds trust, fosters emotional intelligence, encourages independence, and strengthens parent-child relationships. By nurturing these communication skills, parents provide their children with a solid foundation for healthy relationships and personal growth.

Setting Boundaries and Discipline

Setting boundaries and practicing discipline are fundamental aspects of parenting that play a vital role in a child's overall development. These practices are essential because they provide structure, safety, and important life lessons for children aged 5-10.

Here's why setting boundaries and discipline are crucial for child development:

Providing structure and predictability

Children thrive in environments with clear expectations and routines. Boundaries help create a structured daily life, giving children a sense of predictability and security. They know what to expect, which reduces anxiety and fosters a sense of stability.

Ensuring physical and emotional safety

Boundaries establish physical and emotional safety for children. They help protect children from harm, both physical and emotional. For example, rules about not running into the street or not using hurtful language promote safety and well-being.

Encouraging responsible behaviour

Discipline, when applied correctly, teaches children responsibility for their actions. It helps them understand that their choices have consequences, whether positive or negative. This understanding is a crucial life skill.

Teaching consequences and accountability

Discipline allows children to experience the consequences of their behaviour in a controlled and supportive environment. They learn that actions have reactions, and they must be accountable for their choices.

Developing self-regulation skills

By adhering to boundaries and facing the consequences of their actions, children gradually develop self-regulation skills. They learn to control impulses, manage emotions, and think before acting.

Fostering respect for authority

Healthy discipline helps children understand and respect authority figures, including parents, teachers, and caregivers. This respect is important for success in school and society.

Encouraging empathy and consideration

Setting boundaries and enforcing discipline also teach empathy and consideration for others. Children learn to consider how their actions affect those around them.

Building problem-solving skills

Discipline often involves discussing the behaviour, its impact, and potential alternatives. This process encourages children to develop problem-solving skills and think critically about their actions.

Preparing for future challenges

Learning to cope with discipline and boundaries at a young age prepares children for the challenges they will face in adolescence and adulthood. They are better equipped to make responsible decisions and handle consequences.

Strengthening parent-child relationships

When discipline is implemented with love, respect, and consistency, it strengthens the parent-child bond. Children understand that discipline comes from a place of care and guidance.

Idea:

You can negotiate house rules and consequences as a family and write them down and sign the contract. We have attached an example on the next page.

To summarise, setting boundaries and practicing discipline are not about control but about creating an environment where children can thrive emotionally, socially, and academically. These practices provide the structure, safety, and guidance necessary for children aged 5-10 to develop into responsible, empathetic, and well-rounded individuals.

OUR FAMILY RULES

BE KIND TO EACH OTHER

QUIET VOICES

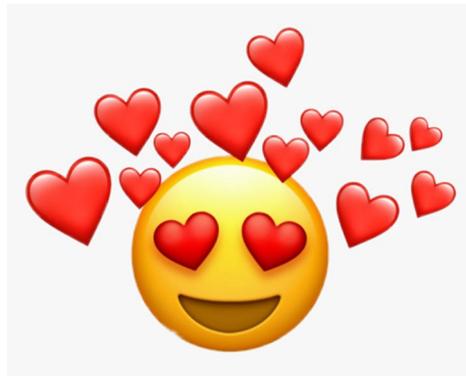
LISTEN TO EACH OTHER

RESPECT EACH OTHER

LAUGH A LOT

HAVE FUN

BE OPEN AND HONEST



NO HITTING

NO SHOUTING

NO SWEARING

NO THROWING

Four styles of parenting

(body language is in brackets)

Critical/aggressive/‘barbed wire’

Needs to control, shouts, bosses, judgemental, disrespectful, rough, punishing, uses put-downs, doesn't listen, intolerant, confuses opinions with facts, criticises, wants to have own way

(points finger, speaks loudly and accusingly, hands on hips, towers over people, stares, clenches fist, scowls, shouts)

Responsible/assertive

Responsible, listens, kind, honest, stays respectful when angry, negotiates ground rules, patient, encourages, in touch with own feelings, sets limits, gives responsibility, affectionate

(open posture, calm breathing, steady eye contact, smiles when pleased, frowns when angry, relaxed)

Manipulative/dishonest (mixture of aggressive and passive)

Wants to control but does it in devious ways, sulks, sarcastic, uses emotional blackmail, talks behind people's backs, hostile, ‘two-faced’, gets others to do their ‘dirty work’, dishonest

(sly looks, whispers about other people, talks behind hand, sneers, avoids eye contact)

Passive/‘marshmallow’

Gives in, apologetic, ‘spoils’, over-anxious, smothers, timid, tries to please others, ‘doormat’, moans rather than taking action or decisions, does too much for child or young person

(hunches shoulders, avoids eye contact, fidgets nervously, sighs, hesitant, whining voice)

Effects on young people of the four styles of parenting

Critical/aggressive/‘barbed wire’ behaviour

The effects on others can be:

- feeling hurt, shamed, put down, unco-operative, resentful, violent, ‘don’t care’
- hating parent/authority figures
- communicates low expectations
- teaches aggression and disrespect
- bullying others
- no respect for rules, breaking the law
- low self-esteem, anxiety, passivity
- school refusal
- self-harming including drug or alcohol abuse
- eating disorders
- dangerous or unhealthy sexual risk-taking
- depression

Responsible/assertive behaviour

The effects on others can be:

- feeling respected, loved, trusting, more open, cared for
- high self-esteem and self-confidence
- motivated to achieve, take responsibility, feel competent
- learning to listen, co-operative, more truthful
- can stand up for self (without aggression)
- better relationships
- open to negotiation
- agrees to limits
- taking care of own body
- healthy lifestyle

Manipulative/dishonest (mixture of aggressive and passive) behaviour

The effects on others can be:

- don’t know where they stand, confusion, mixed messages
- mistrustful
- feeling manipulated, angry, closed off, hurt, violent
- using guilt or emotional blackmail teaches others to do the same
- low self-esteem, anxiety, passivity
- school refusal
- breaking the law
- self-harming including drug or alcohol abuse
- eating disorders
- dangerous or unhealthy sexual risk-taking
- depression

Passive/‘marshmallow’ behaviour

The effects on others can be:

- child aggressive with parent (because parent becomes a ‘doormat’) but passive (and bullied) at school
- child disrespectful, spoilt, does nothing for self
- irresponsibility, ‘let off the hook’, no concept of boundaries
- breaking the law
- communicates low expectations
- low self-esteem, anxiety, passivity
- school refusal
- self-harming including drug or alcohol abuse
- eating disorders
- dangerous or unhealthy sexual risk-taking
- depression

Positive Reinforcement Techniques for 5-10 Year-Olds

Positive reinforcement is a powerful tool for encouraging desired behaviour's in children. It involves rewarding or acknowledging good behaviour to increase the likelihood of its repetition.

Here are some positive reinforcement techniques suitable for children aged 5-10:

- Verbal praise- Offer sincere and specific praise for their efforts and achievements. For example, "Great job cleaning your room! You're so responsible!"
- Reward Charts- Create a visual chart where children can earn stickers or stars for completing tasks or demonstrating positive behaviour. When they reach a certain number, they can receive a small reward.
- Privileges- Grant special privileges or additional screen time when they consistently follow rules and show responsible behaviour.
- Tokens or points system– Implement a token or point system where children earn points for good behaviour and can exchange them for rewards or privileges.
- Quality time- Spend quality time with your child as a reward. Let them choose an activity or outing they enjoy when they've behaved well.
- Special treats- Occasionally, offer small treats like their favourite snack, a trip to the ice cream parlour, or a movie night as a reward for positive behaviour.
- Praise in front of others- Publicly acknowledging their achievements, whether in front of family or friends, can boost their self-esteem and motivate them.
- Certificates or awards- Create certificates or awards for specific accomplishments, such as "Best Helper" or "Super Reader."
- Positive notes- Leave positive notes in their lunchbox, on their pillow, or in their backpack to remind them of your appreciation.
- Celebration- Celebrate their achievements and milestones, no matter how small, with a small family celebration or outing.

Good job!

Well done

Super star

Time-Out and Consequences for 5-10 Year-Olds

Time-out and consequences are disciplinary strategies used to address misbehaviour and help children understand the consequences of their actions. When implementing these techniques, it's essential to be consistent, fair, and age-appropriate. Time-out is a brief period during which a child is separated from a situation or activity to calm down and reflect on their behaviour. Choose a quiet, safe, and non-distracting place for time-out. Explain why they are in time-out and what behaviour needs to change. Keep time-outs relatively short (around 5 minutes per year of age).

- Loss of privileges- Temporary loss of privileges, such as screen time or a favourite toy, can be an effective consequence for misbehaviour. Clearly state what they've lost and why.
- Natural consequences- Allow children to experience the natural consequences of their actions when it's safe to do so. For instance, if they don't pack their lunch, they may go hungry at school.
- Logical consequences- These are consequences directly related to the misbehaviour. For example, if they refuse to wear a coat on a cold day, they may feel cold when outside.
- Loss of special events- If a child's behaviour warrants it, they may miss out on a special event or outing they were looking forward to.
- Apology and repair- Teach children to take responsibility for their actions by apologizing and making amends when they hurt someone or damage something.
- Restitution- If they damage property, have them help repair or replace it, or contribute to the cost through their allowance.
- Discussion and reflection- After the consequence is applied, have a calm and constructive discussion about what happened and how they can make better choices in the future.

Remember that discipline should always be administered with love, consistency, and a focus on teaching rather than punishing. It's crucial to explain the reasons behind consequences and provide opportunities for learning and growth.

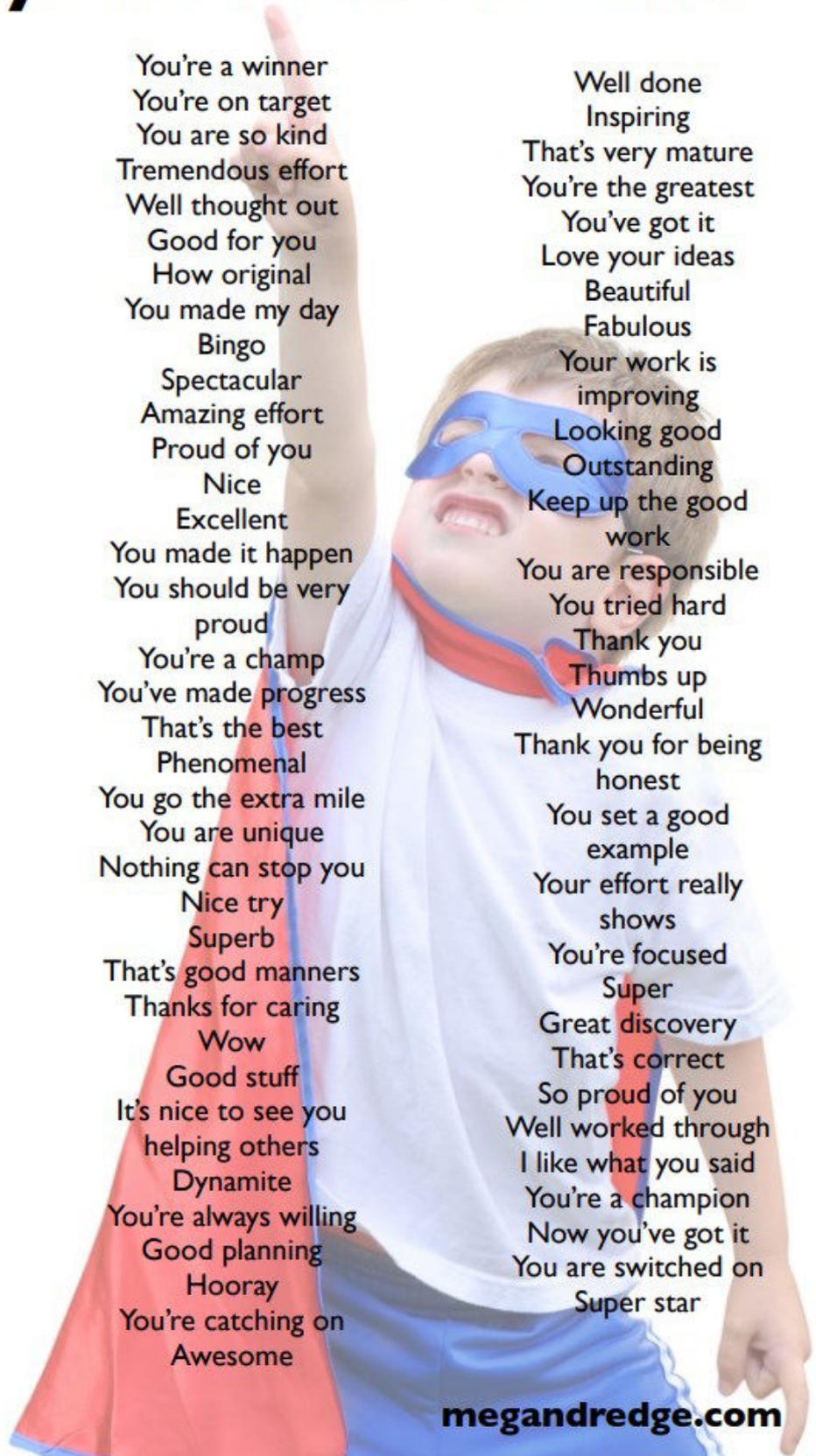


100 Ways To Praise A Child

Way to go
Bravo!
Fantastic
You're catching on
Wonderful sharing
You're on target
You tried really hard
You're a good listener
I knew you'd do it
Problem solver
Good thinking
Thanks for helping
Hooray for you
What an imagination
You learn quickly
Love your ideas
Beautiful sharing
You tried something
new
Great answer
Now you've got it
You figured it out
Magnificent
Marvelous stuff
I'm happy that you
listened to me
Love your
presentation
Thanks for all your
hard work
Looking good
Outstanding
performance
Brilliant
Congratulations
You're a real trooper
Well done
Super

You're a winner
You're on target
You are so kind
Tremendous effort
Well thought out
Good for you
How original
You made my day
Bingo
Spectacular
Amazing effort
Proud of you
Nice
Excellent
You made it happen
You should be very
proud
You're a champ
You've made progress
That's the best
Phenomenal
You go the extra mile
You are unique
Nothing can stop you
Nice try
Superb
That's good manners
Thanks for caring
Wow
Good stuff
It's nice to see you
helping others
Dynamite
You're always willing
Good planning
Hooray
You're catching on
Awesome

Well done
Inspiring
That's very mature
You're the greatest
You've got it
Love your ideas
Beautiful
Fabulous
Your work is
improving
Looking good
Outstanding
Keep up the good
work
You are responsible
You tried hard
Thank you
Thumbs up
Wonderful
Thank you for being
honest
You set a good
example
Your effort really
shows
You're focused
Super
Great discovery
That's correct
So proud of you
Well worked through
I like what you said
You're a champion
Now you've got it
You are switched on
Super star



Promoting healthy habits

Promoting healthy habits in children aged 5-10 is essential for their physical, emotional, and social development. Establishing healthy routines and behaviours at this age can set the foundation for a lifetime of well-being.

Here are some strategies to promote healthy habits for children in this age group:

Balanced nutrition

Be a positive role model by eating a variety of nutritious foods and enjoying meals together as a family. Provide healthy snack options like fruits, vegetables, and whole-grain snacks. Encourage water and milk over sugary drinks like soda and fruit juices. Involve your child in planning and preparing meals to teach them about nutrition.

Regular physical activity

Encourage at least one hour of physical activity each day through games, sports, or outdoor play. Engage in physical activities as a family, such as hiking, biking, or playing sports. Set reasonable limits on screen time for TV, video games, and computers to ensure they have time for physical play.

Adequate sleep

Implement a consistent bedtime routine. Establish a regular bedtime routine to ensure your child gets enough sleep. Most children need 9-11 hours of sleep per night. Limit Screens Before Bed. Avoid screens before bedtime as they can interfere with sleep quality.

Hygiene and personal care

Teach proper handwashing techniques, especially before meals and after using the restroom. Encourage brushing and flossing teeth at least twice a day. Schedule regular dental and medical checkups to monitor their health and hygiene.

Emotional well-being

Create a safe and open environment for your child to discuss their feelings and concerns. Encourage healthy ways to manage stress, such as through art, physical activity, or mindfulness exercises. Praise and acknowledge your child's efforts and accomplishments to boost their self-esteem.

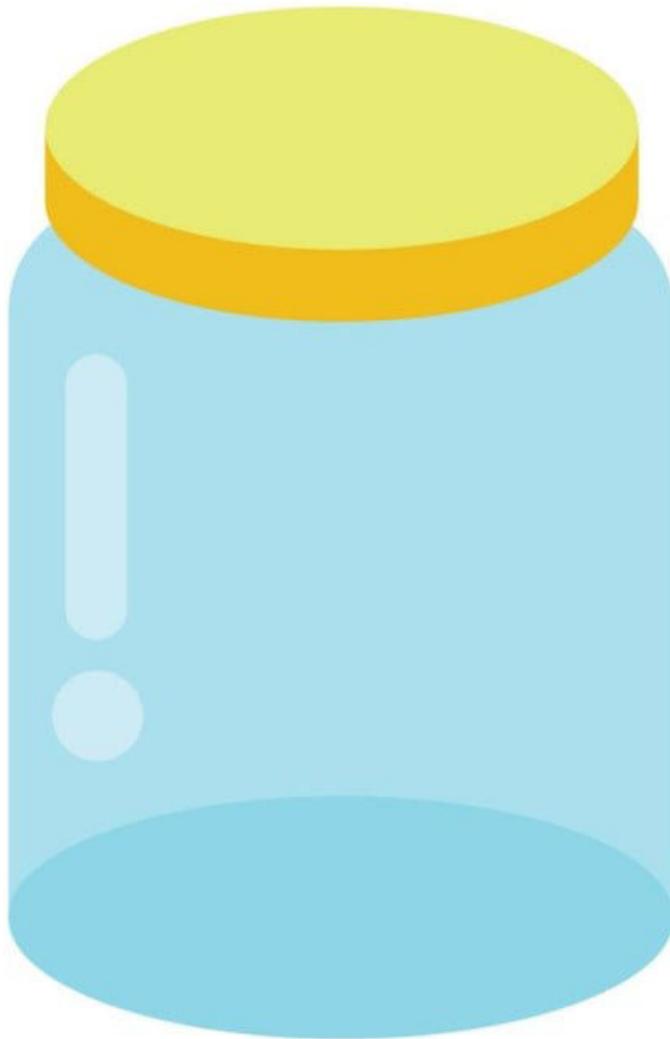
Idea:

If your child has worry's then you can introduce 'Worry Time' into your daily routine by using a Worry Jar (example on the next page), a Worry Box or a Worry Monster.

Name: _____ Date: _____

MY WORRY JAR

A worry jar is a useful tool that can help you express your worries and anxious thoughts. What are some things that make you feel worried? Write them in the jar below.



Think of a special time each day when you will open your worry jar and read your worries. You can do this with someone you trust.

What time will you open your worry jar?

Who is going to be with you?

Homework and learning

Establish a Routine and create a consistent homework routine with a quiet, organized space for studying. Encourage reading by providing age-appropriate books and reading together. Set limits on recreational screen time to ensure a balance between learning and leisure activities.

Social skills

Teach your child about empathy, sharing, and resolving conflicts with peers. Encourage involvement in positive extracurricular activities or clubs to help them build friendships. Promote respect for others' differences and encourage inclusion and kindness.

Limit exposure to unhealthy influences

Be aware of the media content your child is exposed to, and ensure it aligns with your family values. Stay involved in your child's social life and get to know their friends and their friends' parents.

Encourage independence

Assign age-appropriate chores and responsibilities to teach them about accountability. Allow them to make choices within safe boundaries to foster independence and decision-making skills.

Reward healthy habits

Use positive reinforcement, such as praise or small rewards, to encourage healthy behaviours like trying new foods or being active.



The Livewell Southend has lots of information on how to stay healthy as a family, activities and groups in your local community and support services.

Remember that children learn best through observation and consistent, positive reinforcement. Be patient and supportive as you guide them toward a healthy lifestyle. It's also important to involve your child in discussions about why these habits are essential for their well-being and overall happiness.

Emotional Intelligence

Emotional intelligence is a critical skill for children to develop as it helps them understand, express, and manage their emotions, as well as relate to others empathetically.

Here are strategies to foster emotional intelligence in children aged 5-10:

Teaching emotional awareness:

Labelling emotions

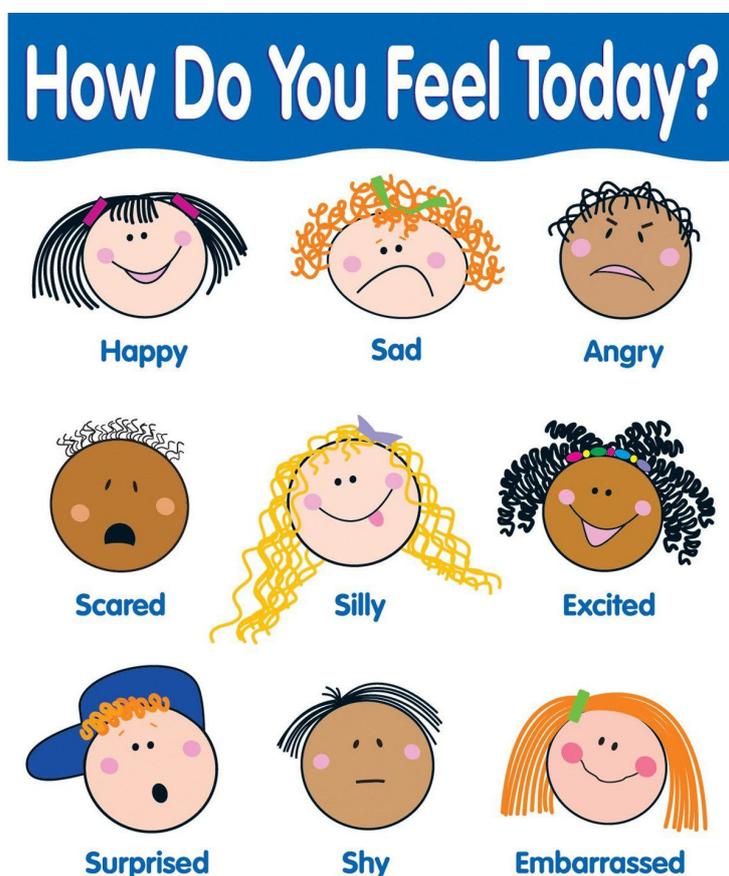
Help children identify and label their emotions. Use simple, relatable words like happy, sad, angry, and scared.

Emotion cards

Create emotion cards with pictures of faces expressing different emotions. Encourage your child to point to the card that matches how they feel.

Emotion stories

Read books or tell stories that explore characters' emotions, asking questions like, "How do you think the character feels?"



Coping strategies for children:

Deep breathing

Teach deep breathing exercises to help children calm down when they are upset or anxious.

Positive self-talk

Encourage them to use positive self-talk like "I can do it" or "I am brave" when facing challenges.

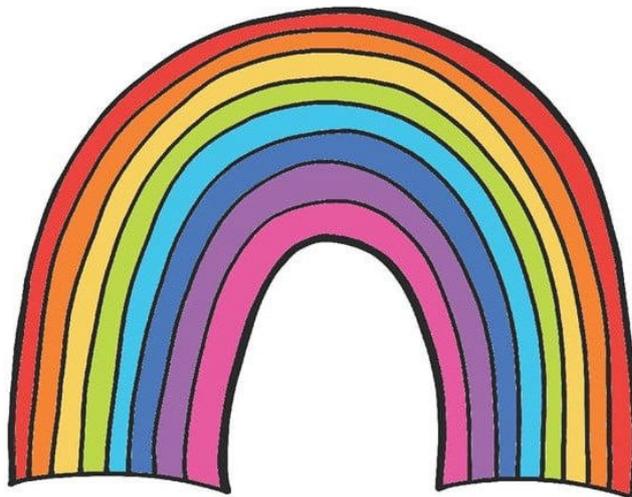
Mindfulness and relaxation

Introduce age-appropriate mindfulness and relaxation exercises to help them manage stress.

Journaling or drawing

Provide a journal or art supplies for them to express their emotions through writing or drawing.

Rainbow Breathing



1. Imagine a rainbow in the air in front of you.
2. Move your finger from left to right to trace the rainbow while you inhale slowly through your nose.
3. Move your finger from right to left to trace the rainbow while you exhale slowly through your mouth.
4. Repeat as many times as necessary.

Building empathy:

Model empathy

Be a role model by demonstrating empathy in your interactions with others

Emotion charades

Play a game of emotion charades where children act out different emotions, helping them understand how others might feel.

Books and stories

Read books that emphasize empathy and discuss the characters' feelings.

Empathy journal

Create an empathy journal where children can jot down instances when they showed empathy or witnessed it in others.

Encouraging open communication:

Listening actively

When your child talks about their feelings, listen actively without judgment or interruption.

Ask open-ended questions

Instead of asking yes/no questions, use open-ended questions like, "Tell me more about how you're feeling."

Share your feelings

Model emotional expression by sharing your feelings appropriately with your child.

Problem-solving and conflict resolution:

Teach problem-solving

Encourage your child to brainstorm solutions when faced with challenges. Discuss the pros and cons of each option.

Use conflict resolution scenarios

Role-play scenarios where conflicts arise, and guide them in finding constructive resolutions.

Apologize and forgive

Teach the importance of apologizing when they hurt someone and forgiving others when they make amends.

Promoting School Success

School success in children aged 5-10 is crucial for their academic and personal development. Parents play a significant role in creating an environment that fosters learning, organization, and effective communication with teachers.

Here are strategies to promote school success in this age group:

Homework routines

Establish a consistent schedule. Set a regular time for homework each day to create a routine. Ensure it's a time when your child is most alert and focused.

Designate a homework space. Create a quiet, well-lit, and clutter-free workspace where your child can concentrate on their homework.

Break tasks into manageable chunks. Help your child break assignments into smaller, manageable tasks to prevent feeling overwhelmed.

Set realistic time limits. Encourage your child to work diligently but set reasonable time limits for completing homework. Allow breaks for physical activity or snacks.

Creating a supportive study environment

Ensure your child has easy access to school supplies, textbooks, and reference materials.

Minimize distractions. Keep distractions like TV and video games out of the study area during homework time.

Provide support and guidance. Be available to answer questions or provide guidance but avoid doing the work for them.

Encourage self-direction. Foster independence by encouraging them to prioritize tasks and manage their time effectively.



Effective parent-teacher communication

Attend parent-teacher conferences/meetings. Attend conferences/meetings to get insights into your child's progress and any areas needing improvement. Regularly check your child's assignments, projects, and tests regularly to stay informed about their schoolwork.

Ask for help when needed. If your child is struggling with a particular subject or issue, don't hesitate to reach out to the teacher for clarification or additional resources.

Communicate changes. Keep teachers informed of any changes at home that may affect your child's performance, such as a family move or a change in routine.

Helpful tips:

Use a communication book to share information with the school.
Have a point of contact so information sharing is consistent.

Encourage a Love of Learning

Read together. Foster a love of reading by reading together regularly and providing access to age-appropriate books.

Encourage your child to explore their interests outside of school through hobbies, extracurricular activities, and visits to museums or libraries.

Celebrate achievements. Celebrate your child's successes, no matter how small, to boost their confidence and motivation.

Ask about school. Show genuine interest in your child's school experiences by asking about their day and what they're learning.

Set realistic expectations

Focus on effort. Praise your child's effort rather than just their grades. Acknowledge their hard work and persistence.

Avoid overburdening. Avoid placing excessive pressure on your child to perform academically. Encourage a balanced lifestyle with time for play and relaxation.

Acknowledge challenges. Let your child know that everyone faces challenges, and it's okay to seek help when needed.

Be a positive role model

Show your own interest in learning: Demonstrate a positive attitude toward learning by pursuing your interests and hobbies.

Problem-solve together. When faced with challenges, model effective problem-solving and perseverance.



Promoting school success in 5–10-year-olds requires a collaborative effort between parents, teachers, and children. By creating a structured and supportive environment, fostering a love of learning, maintaining open communication with teachers, and setting realistic expectations, you can help your child thrive academically and develop essential life skills.

Screen Time Management



Screen time management is essential for children aged 5-10 to ensure a healthy balance between technology use and other activities.

Set clear and consistent rules about when and how long your child can use screens each day. Create a visual schedule if it helps. Set timers or alarms to remind your child when their screen time is over. If your child is accustomed to more screen time, gradually reduce it over time to help them adjust.

Set up parental controls on devices to restrict access to age-inappropriate content. Pay attention to content ratings, such as E for Everyone, to choose suitable games, apps, and shows. Before allowing your child to watch or play something new, review it to ensure it aligns with your family's values and is age appropriate.

Talk to your child about the importance of balance between screen time and other activities like school, physical activity, and social interactions. Teach your child about online safety, including the importance of not sharing personal information or interacting with strangers online.

Encourage the use of educational apps and games that promote learning and problem-solving.

Be a positive role model by demonstrating responsible screen time management yourself. Establish screen time rules that apply to the entire family, promoting a shared commitment to balance.

You can use screen time as a reward for completing homework, chores, or other responsibilities.

Understand that there may be exceptions, such as special occasions or extended screen time for educational purposes.



Screen time management for 5–10-year-olds requires a balanced approach that considers both the benefits of technology and the importance of a varied and active lifestyle. By setting clear limits, choosing age-appropriate content, providing screen-free alternatives, and modelling responsible screen time behaviour, you can help your child develop healthy habits regarding technology use.

Bullying and peer pressure

Bullying and peer pressure can be significant challenges for children aged 5-10. As a parent, it's essential to recognize the signs of bullying, teach your child assertiveness skills, and help them handle peer pressure effectively.

Here's some parenting advice to address these issues:

Recognizing signs of bullying:

- Foster open and non-judgmental communication with your child. Encourage them to share their feelings and experiences with you.
- Be aware of signs that your child may be a victim of bullying, such as unexplained injuries, changes in eating habits, trouble sleeping, or declining academic performance.
- Keep an eye on your child's online interactions and social media presence. Cyberbullying is a significant concern in today's digital age.
- Maintain a positive relationship with your child's teachers and school staff. They can provide insights into your child's behaviour at school and help address bullying issues.

Teaching assertiveness skills:

- Build your child's self-esteem and self-confidence through praise and positive reinforcement for their achievements and efforts.
- Practice assertive communication through role-play scenarios where your child can learn to express themselves confidently but respectfully.
- Teach your child that it's okay to say no to peer pressure when faced with uncomfortable or unsafe situations.
- Encourage your child to come up with solutions to bullying situations and peer pressure scenarios. Discuss the pros and cons of each option.

Handling peer pressure:

- Have age-appropriate conversations with your child about the concept of peer pressure and how it can manifest in different ways.
- Help your child identify trusted adults they can turn to for support and guidance when they feel pressured.
- Demonstrate resilience and assertiveness in your own life. Children often learn by observing their parents' behaviour.
- Guide your child in making informed decisions by discussing the potential consequences of their choices.
- Encourage your child to build friendships with peers who share their values and interests. Positive peer influences can help counteract negative peer pressure.

- Ensure your child knows they can always come to you with their concerns, even if they've made a mistake or feel embarrassed.
- Role-play situations where your child can practice saying no to peer pressure in a respectful but firm manner.
- Help your child understand the consequences of succumbing to negative peer pressure and how it may affect their well-being.

Useful information:

You can access further advice and guidance from the National Bullying Helpline. They offer a helpline along with information to support you with bullying issues.

www.nationalbullyinghelpline.co.uk

Helpline: 0300 323 0169

Remember that addressing bullying and peer pressure is an ongoing process. Regularly check in with your child about their experiences, both at school and with friends. Encourage them to trust their instincts and seek help when needed. By building their self-confidence and equipping them with assertiveness skills, you can empower your child to navigate these challenges effectively and maintain their emotional well-being.

Building resilience

Resilience is a crucial life skill that helps children cope with challenges, setbacks, and adversity. Parents can play a significant role in fostering resilience in children aged 5-10.

Here's some advice on how to build resilience in your child:

Praise their hard work and perseverance, even if they don't achieve immediate success. Normalize mistakes by teaching your child that making mistakes is a natural part of learning and growing. Share stories of your own mistakes and what you learned from them.

Emphasize learning by focus on the process of learning rather than just the end result. Ask questions like, "What did you learn from this experience?" or "What can you do differently next time?"

Encourage Curiosity by supporting your child's natural curiosity by fostering a love for exploring new ideas and trying new things.

Empower independence by giving your child opportunities to make decisions and solve problems independently. This can be as simple as allowing them to choose their outfits or decide what games to play.

Ask open-ended questions. When your child faces a challenge, ask open-ended questions like, "What do you think you can do to solve this?" This encourages them to think critically and come up with solutions.

Brainstorm solutions together. Collaborate with your child to brainstorm possible solutions to problems they encounter. Discuss the advantages and disadvantages of each option. Celebrate Problem-Solving: Praise your child when they successfully solve a problem on their own. Reinforce the idea that they are capable of finding solutions.

Provide emotional support by being empathetic and understanding when your child faces setbacks or failures. Let them know it's okay to feel disappointed or frustrated.

Normalize failure by sharing stories of famous individuals who faced failure before achieving success. Emphasize that failure is a part of life and an opportunity for growth.

Highlight resilience role models. Point out role models who have demonstrated resilience in the face of adversity, whether they are historical figures, athletes, or community members.

Set Realistic Expectations: Encourage your child to set achievable goals and help them understand that perfection is not necessary. It's okay to make progress at their own pace.

Ensure your child knows they can talk to you about their feelings and concerns without judgment.

Validate your child's emotions by acknowledging their feelings, whether they are positive or negative.

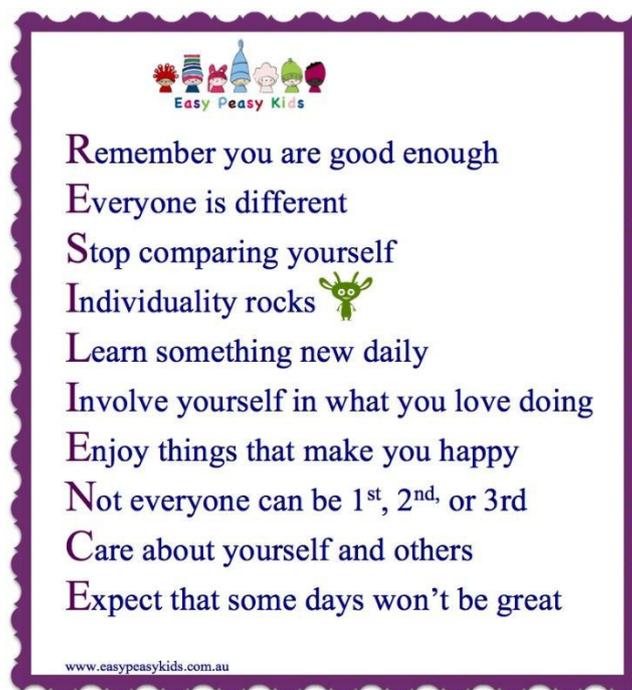
Help your child develop healthy ways to cope with difficult emotions, such as deep breathing, drawing, or talking to a trusted adult.

Support your child in building positive relationships with friends and mentors who can provide emotional support.

Maintain open communication with teachers and school staff to address any academic or social challenges your child may face.

Demonstrate resilience in your own life by handling challenges and setbacks with a positive attitude and determination.

Share stories of how you've overcome obstacles and what you've learned from those experiences.



Fostering resilience in children is an ongoing process that involves providing emotional support, teaching problem-solving skills, and nurturing a growth mindset. By incorporating these strategies into your parenting approach, you can help your child develop the resilience they need to thrive in the face of life's challenges.

Family Time and Bonding Activities

Spending quality time together as a family is not only enjoyable but also essential for building strong bonds and creating lasting memories.

Here are some family time ideas for children aged 5-10:

Outdoor adventures:



Natural hikes- Explore local parks or nature trails together. Teach your child about the environment and wildlife you encounter.

Bike rides- Go on family bike rides in your neighbourhood or on scenic trails.

Picnic- Pack a picnic basket and enjoy a meal in a nearby park.

Creative activities:

Art and craft projects- Engage in creative art and craft activities at home. Make holiday decorations, create homemade cards, or paint together.

Cooking- Involve your child in cooking or baking. Let them help with age-appropriate tasks, like mixing ingredients or decorating cookies.

Family story time- Choose a book and take turns reading chapters aloud as a family.

Game nights:

Board games— play board games or card games as a family. Rotate game choices to keep things interesting.



Puzzle time- Work on puzzles together. Choose puzzles appropriate for your child's age and skill level.

Movie nights- Have regular movie nights where each family member picks a movie to watch together.

Educational adventures:



Museum visits- Explore local museums, science centres, or historical sites as a family.

Zoo or Aquarium trips- Visit a zoo or aquarium to learn about different animals and marine life.

Science experiments- Conduct simple science experiments at home. There are many kid-friendly science kits available.

Sports and Physical Activities:

Sports Day- Have a mini-Olympics in your backyard with events like relay races, sack races, and frisbee throws.

Family Yoga- Practice family-friendly yoga routines together. It's a great way to stay active and promote relaxation.

Dance Party- Put on music and have a family dance-off in your living room.

Gardening:

Involve your child in gardening activities. They can help plant flowers, vegetables, or herbs and learn about the natural world.

Nature Scavenger Hunt- Create a list of items to find on a nature scavenger hunt in your backyard or a nearby park.



Family Tradition:

Movie Marathon Nights. Dedicate certain nights to movie marathons featuring a specific movie series or genre.

Monthly adventures- Plan a monthly outing or activity that becomes a family tradition, such as a "First Saturday Hike" or "Sunday Ice Cream Day."

Encourage Hobbies and Interests:

Encourage your child's interests by participating in activities related to their hobbies. If they love soccer, kick a ball around together. Explore new hobbies as a family. Try painting, birdwatching, or learning a musical instrument together.

Volunteer as a Family:

Volunteer for community service projects or charity events as a family. It's a wonderful way to teach empathy and kindness.

Unplugged time:

Technology-free hours- Designate certain hours or days as technology-free time when the family engages in activities without screens.



Remember that the most important aspect of family time is the quality of the interaction. Create an environment where everyone feels valued and heard and cherish the moments you spend together as a family. These activities not only promote bonding but also provide opportunities for learning, exploration, and personal growth for children aged 5-10.