Practice mindful-ness

**How to grow your child – building resilience -**



Relax!

**To cope with lifes**

Can do attitude

Without a good night’s sleep, the ‘emotional’ part of the brain (amygdala) is highly active blocking out the thinking part of the brain (prefrontal cortex). This means that children will struggle to manage their emotions, learning is more difficult and easily forgotten. Sleep is the most important part of the day for a growing child. If you need help to establish sleep routines seek advice from your school nurse or GP.

Develop your child’s fan club by helping them make connections with extended family, grandparents, aunts, uncles, family friends

Manage fears rather than avoid them. Take baby steps to build confidence.

You can do hard things with practice

#Outside is free. Daily exercise is essential for both body and mind. Through playing outdoors children grow physically and learn important movement skills, grow their curiosity in the world about them and grow emotionally, meeting challenges, solving problems.

Specialist Inclusion Support Service - SEMH Team

**ups and downs**

No rush to rescue

A game is for life not just for Christmas. Play, play and more play. Board games, card games, imaginative play. All helps build the organisational and problem-solving part of the brain.

Praise effort not attainment.

Take a step back. Let your child experience ‘safe’ risk. Make childhood a free to fail environment.

Sense of mastery

Build the control tower

Face your fears

Fan Club

Exercise

Sleep