

BB4K News, Advice and Support

Week 14 - Summer holidays at home with a coronacoaster of emotions!

Coronacoaster = The ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going on long walks and the next you're crying, having chocolate for breakfast and missing people you don't even like.

10 Tips for Positive Parenting

1. Be a good role model. Your child learns from the example you set.
2. Give your child praise and hugs, and say, "I love you" often.
3. Set simple rules and consequences, and enforce them consistently.
4. Discipline fairly, firmly, and with love. Never use violence or put-downs.
5. Always show respect for your child's thoughts and feelings.
6. Spend a lot of time with your child, no matter how busy you are.
7. Know what's going on in your child's life, both at school and with friends.
8. Encourage daily learning outside of school, especially reading and math.
9. Make sure your child gets enough healthy foods, exercise, and sleep daily.
10. Keep your sense of humour and manage stress in healthy ways. If you feel overwhelmed, arrange for some outside help.



The quickest way for a mother to get her children's attention is to sit down and look comfortable.

What To Say When A Friend/Family Member Is Struggling

1. How can I support you right now?
2. Would you like my advice?
3. Would you like some company for a while?
4. Can we talk? Whatever is going on, I've got your back.
5. Would it help if I [insert action]?
6. I may not understand how you feel, but you're not alone.
7. I don't know what to say, but I promise to listen.
8. When you are ready to talk, I'll be here for you.
9. We'll get through this together.
10. I know there isn't anything I can say to make you feel better, but I can help you along the way.

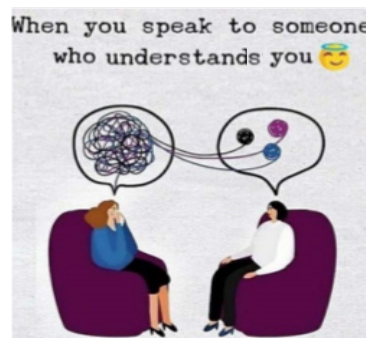


As we struggle to make plans for summer, the burden is on parents to decide, without as much clarity as we would like, what activities are safe enough. But that uncertainty is also distressing for many children. Planning ahead now, even if you can realistically only plan a few weeks out at a time, will help give kids a sense of safety and security, and most importantly, the whole family can plan for some much-needed, long-awaited fun. But at the same time, be sure to acknowledge that those plans may have to be reassessed. Letting your children know that you're planning for a variety of possible scenarios and including them in the planning can lessen anxiety over how they'll be spending the next few months. It's also an important part of building resilience. If your plans do change, your child will be more prepared to handle their disappointment and adapt to new expectations.

Trying to be both safe and social is a difficult balance to strike. Kids are likely anxious to see their friends but may also be afraid of getting sick. Moving out of quarantine, with different families following different rules, is going to result in uncomfortable moments for kids as well as parents. Working with kids to anticipate unsafe situations they might find themselves in can help them feel more comfortable and make better decisions when the time comes.

Talk, listen, talk. You might think they are worried about getting COVID and that's not an illogical leap, but they might be worried about something specific that, if you don't invite more conversation, you won't actually know.

As much as you can, answer their questions, because that's a nice opportunity to dispel any myths, correct any misinformation and then remind them what you and they are doing to stay safe and what rules you're going to follow this summer.





BB4K - Summer Holidays Tips and Tricks

part of **PACT**
PARENTS AND CHILDREN TOGETHER



Want your treats to last? You have to find some sneaky hiding places! Shhhh!

Free massages!



Parenting hacks!!



HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY who.int/epi-win

Do's →

- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Remove the mask by the straps behind the ears or head
- Pull the mask away from your face
- Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask by the straps when taking it out of the bag
- Wash the mask in soap and detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

Don'ts →

- Do not use a mask that looks damaged
- Do not wear a loose mask
- Do not wear the mask under the nose
- Do not remove the mask where there are people within 1 metre
- Do not use a mask that is difficult to breathe through
- Do not wear a dirty or wet mask
- Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

World Health Organization

Masks!

For adults and some children (according to age and additional needs) wearing masks shopping, on public transport and medical appointments are compulsory.

Some young children may feel scared of masks. Masks hide part of a person's face. Young children rely on faces. From the time they are babies, young children look at faces for the signals they need to feel safe. When faces are partly hidden by masks, children can't see the friendly smile or familiar look that usually puts them at ease. When children can't see the person's whole face, it's harder to feel safe. **It's natural to feel scared.**

But slowly and gently, parents can help children feel more comfortable. Even very young children can learn that something that seemed too scary at first is not so scary after all.

How can parents help children wear a mask and feel at ease?

Cloth face coverings (or a face mask, if you have one) on adults and children over 4 years old can help slow the spread of the virus. Here are some ways to help children wear masks when you go out:

- **Help children get used to masks.** As much as you can, give children time to practice wearing their masks before they might need to wear one outside of your home. Teach them how to put them on and take them off.
- **Encourage children to decorate their mask.** This might help them feel a sense of ownership and control over the situation. A personal touch can help make it more of a normal part of their routine, and make it more likely they'll want to wear their mask. Depending on the type of mask, children can draw on it with markers or put stickers on it.
- **Make them together.** If you make face coverings at home, let older kids help you. There are no-sew masks that are easy to make, often with materials you probably already have (T-shirts, bandannas, etc.). If you sew masks, maybe kids can select the fabric or patterns for the masks they'll wear. Here are some fabulous, free make your own masks - <https://www.youtube.com/watch?v=GqrRsR0SQu8>
- **Help make it fun.** With younger children, introduce a sense of play. Children can pretend to be a doctor or nurse while wearing their masks. They might want to use a doctor kit and "take care" of a stuffed animal or doll. A fun video and song for children about mask wearing - <https://www.youtube.com/watch?v=a9QTxUkIE0w>
- **Have a few masks handy while they play.** This lets them use their imagination about how to use masks during playtime. It also helps make them a more normal part of their everyday world. You can ask your child to put a mask on a stuffed animal, and then ask follow-up questions about why the stuffed animal is wearing the mask. Depending on your child's response, you can clear up any confusion and offer reassurance.
- **Tell children what to expect and why.** Mention masking before the visit, if you can. For children old enough to understand, you might say, "I think we'll see doctors and nurses wearing their masks today. It's a new thing they're doing to stop germs." Explain it in a way that seems matter of fact and calm.
- **Explain the upside.** Be honest, but focus on the good that masks can do, rather than the bad things a virus can do. For example, you might say, "Because of the coronavirus that's going around, everyone is doing extra things to stop it's germs from spreading. Wearing masks is one of the ways we can stop the virus".
- **Let children show what they know.** Invite school-age children to tell you the other things you already do as a family to stop germs. For example, prompt children to say or show how they wash their hands. Give them a word of praise to help them feel proud and capable.

When children know there are things they can do, they feel confident and more at ease.

Bounce Back 4 Kids



part of **PACT**
PARENTS AND CHILDREN TOGETHER



BB4K Positive Kids Pages

I'm Bored

INSIDE

- Build a fort
- Watch a movie
- Read a book
- Play a board game
- Make your own board game
- Bake something
- Draw
- Paint
- Write a story
- Make up a dance
- Play balloon volleyball
- Write a letter to a friend
- Learn origami
- Make friendship bracelets
- Learn some magic tricks
- Research your family tree
- Make playdough
- Play marbles
- Make some puppets and put on a show
- Do a puzzle
- Make paper mache
- Do a collage
- Make a mini town with lego/blocks
- Create your own comic strip
- Make up a play

OUTSIDE

- Build a cubby
- Play tiggy
- Go for a bike ride
- Fly a kite
- Play basketball
- Make an obstacle course
- Play hide n seek
- Have a water fight
- Play Frisbee
- Skip rope
- Go on a nature hunt
- Play with bubbles
- Collect bugs
- Have a picnic
- Play hopscotch
- Play Football
- Make mudpies
- Make a sandcastle
- Hide something and make a treasure map
- Jump on the trampoline
- Have an egg and spoon race
- Play elastics
- Chalk drawing on pavement
- Make a magic potion
- Go to the park.

PARENTS OF DINOSAUR-LOVING KIDS:

At the start of lockdown you may have noticed Google's AR (augmented reality) animals... **Now they have dinosaurs!** Just use your mobile phone to Google any of the following dinos and the info summary which heads up the search results, should include a "view in 3D option". It then asks you to view in your space and connects to your camera to set the dino up in your room - they move too. **Available 3D dinos are:** Tyrannosaurus Rex, Velociraptor, Triceratops, Spinosaurus, Stegosaurus, Brachiosaurus, Ankylosaurus, Dilophosaurus, Pteranodon, and Parasaurolophus. I'm just passing on the joy.



Remember the Water Safety Code This Summer



STOP AND THINK - Look for the dangers. Always read the signs.

STAY TOGETHER - Never swim alone. Always go with friends or family.

IN AN EMERGENCY - Shout for help and dial 999 or 112.

FLOAT - If you fall in, swim or float on your back. Throw something that floats to anyone who has fallen in the water <https://www.rlss.org.uk/the-water-safety-code>

Awesome websites for your children to visit:

Educational websites

BBC Bitesize - Arguably one of the best educational platforms, BBC Bitesize is a free study website which is designed to help your child or young person with their learning, revision and homework.

National Geographic Kids - Nat Geo Kids is a children's magazine and website published by the National Geographic Society, a global non-profit organisation committed to protecting the planet.

Khan Academy - Khan Academy is another non-profit organisation with a mission to provide free education worldwide.

Fun fun fun websites

Sporcle - Sporcle is a trivia website that hosts thousands of quizzes and games. If you can think of a topic, Sporcle probably has it.

Beano - Straight from the world of The Beano – the world's longest running children's comic magazine – this vibrant website is the perfect boredom buster. Jam-packed with quizzes, games, jokes, funny videos and more, Beano is an ideal platform for curious tweens.

Spaceplace by NASA takes children 6+ into orbit with a range of free games, activities and crafts. It's much more than a science site, with activities focused on English, maths and art.

MakeBeliefs Comix helps children write comic strips, with simple design and editing tools. You can choose from a range of pictures and story prompts to help you tell your own story. The site has a special pandemic diary section that also helps children express their emotions through lockdown. It's a highly accessible site, with 13 languages and support for SEND children. It also offers a family section with many creative activities to do together.

Bounce Back 4 Kids

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PARENTS AND CHILDREN TOGETHER



BB4K Positive Teens

Kooth is a free online counselling and emotional wellbeing support service providing young people aged 11-18 years (up to their 19th birthday) in West Berkshire with a safe and secure means of accessing support for their emotional health and wellbeing needs from a professional team of qualified counsellors.

Kooth has no referrals, thresholds or waiting lists. Young people can access this service anonymously by signing onto the Kooth site. Kooth provides unique, out of office hours provision and is open 7 days per week, 365 days a year from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays. Kooth provides added value with moderated, scheduled forums and self-help articles (many written by service users) to provide peer led and self-help support.

Kooth helps to reduce waiting times for young people seeking help, removes stigma around mental health and accessing services. Kooth integrates with face-to-face local services to ensure a seamless transition for young people. Kooth's team of qualified counsellors, therapists and support workers provide guided, outcome-focused help for each individual. Kooth takes safeguarding and clinical governance extremely seriously. The safety and well-being of all Kooth users is an upmost priority.

ExamPlanning.com

Slangs in English

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|---|--|
| <ol style="list-style-type: none"> 1. Airhead (a stupid person) 2. Amigo (friend -- Spanish) 3. Armpit (dirty, unappealing) 4. Ass (an unworthy and hated person) 5. Awesome (great and impressive) 6. Bang (a very powerful thing) 7. Barf (vomit) 8. Bazillion (an infinite number of something) 9. Beans (money) 10. Beat (tired) 11. Biggie (something important) 12. Biker (a motorcycle rider) 13. Bod (body) 14. Bonkers (crazy) 15. Booboo (a mistake) 16. Boob tube (television) 17. Bullshit (lie, dishonesty) 18. Bushed (extremely tired) 19. Catch some rays (get some shine) 20. Cheesy (cheap, outmoded) 21. Chicken (coward) 22. Cool (excellent, superb) 23. Cooler (jail) 24. Couch potato (a person who watches too much television) 25. Crap (something worthless) 26. Dirty (extremely bad person) 27. Dirty (offensive, pornographic) 28. Dynamite (powerful, excellent) 29. Evil (great) 30. Eyeball (to stare long and hard at someone) 31. Fab (fabulous) 32. Fart (to expel intestinal gas) 33. Flashback (sudden memory) 34. Flick (movie) 35. Fox (attractive, alluring person) 36. Freebie (something that does not cost money) 37. Geek (someone who works too hard, is more intelligent than usual, and is slightly unattractive) 38. Get it (to understand something) 39. Glitch (flaw) 40. Go bananas (Go slightly mad) 41. Gomer (a dumb person) 42. Goof (a silly and foolish person) 43. Goof off (waste time) 44. Grabbers (hands) 45. Grub (food) | <ol style="list-style-type: none"> 46. Guts (courage) 47. Hairy (difficult) 48. Head (toilet) 49. Hep or hip (sensible, informed) 50. Hyper (overly excited) 51. Icky (unpleasant) 52. Jack around (waste time) 53. Jerk (stupid or annoying person) 54. Jillion (an immense number) 55. Kick back (relax and enjoy) 56. Kick-off (die) 57. Killer (something exceptional or great) 58. Knock (condemn) 59. Laidback (relaxed, calm) 60. Lame (incompetent) 61. Love handles (excess fat around the waist) 62. Make waves (cause problems) 63. To the max (maximum) 64. Mellow (relaxed) 65. Mickey-mouse (unimportant, time-wasting) 66. Nuke (destroy, delete) 67. Nut (someone passionate about something) 68. Pad (someone's home) 69. Peanuts (very little money) 70. Piss (to urinate) 71. Pro (someone who's good at something professional) 72. Puss (the face) 73. Quick and dirty (done fast but not well) 74. Rat (a despicable person) 75. Razz (annoy someone) 76. Rip off (stealing) 77. Rubbish (nonsense, not true) 78. Rug rat (a child) 79. The runs (diarrhea) 80. Screw up (to make a mistake) 81. Snookered (cheated) 82. Sofa spud (a person who watches) 83. Suck (to be bad and unacceptable) 84. Umpteen (many, countless) 85. Uptight (nervous, anxious) 86. Vanilla (plain) 87. White bread (plain, boring) 88. Whiz (Someone who shows a special talent for something) 89. Wimpy (weak) 90. Yank (bother, harass) 91. Zit (pimple, acne) |
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57 habits to track for a better life

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| <p>self-care</p> <ul style="list-style-type: none"> • reading • relaxing • bath • go to bed on time • no phone time • manicure • pedicure • washed hair • styled hair • spent time outside • skin care routine • wake up on time • listened to music • no T.V. time <p>health</p> <ul style="list-style-type: none"> • workout • veggie servings • fruit servings • water consumption • period & ovulation • medication • no sugar • no caffeine • no smoking • no alcohol • floss <p>daily tasks</p> <ul style="list-style-type: none"> • ate breakfast • ate lunch • packed lunch for work • cooked dinner • tidied house • pet care • watered plants • chores | <p>financial</p> <ul style="list-style-type: none"> • budget • savings • no-spend days • no-spend weeks • things to uplevel • paid bills <p>personal development</p> <ul style="list-style-type: none"> • meditation • journaling • affirmations • gratitude journal • learn something new • reading • relaxing • written goals • visualization • complimented yourself • listened to a podcast <p>relationships</p> <ul style="list-style-type: none"> • read to kids • spend quality time with your partner • date night • random act of kindness • smiled at strangers • call a friend or family member • compliment someone |
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THE SUPERKIDS MANIFESTO

I AM *unique*. I EMBRACE MY DIFFERENCES AND LET THEM *shine*.

I AM *ADVENTUROUS*. I *take risks AND push myself TO TRY THE IMPOSSIBLE*.

I AM *spirited*. I USE MY EMOTIONS AND ENERGY *to change the world*.

I AM A *SUPERKID*.

I AM *creative*. I AM CONSTANTLY INVENTING, *creating* AND DREAMING OF THE UNKNOWN.

I AM *fierce*. I AM TOUGH AND TAKE A STAND FOR WHAT I *believe in*.

FROM THIS DAY FORWARD, I WILL BE KNOWN AS A *SUPERKID*.

I AM NOT *PICKY, ANXIOUS, DIFFICULT, MESSY*. I AM *STRONG-WILLED*. I AM *MISUNDERSTOOD*.

Sometimes, older kids need just as much attention from you as little kids do. That tussle of hair, that quick hug, that arm around the shoulder might mean the world to your big kid even if they never say it out loud.

Bounce Back 4 Kids



part of **PACT**
PARENTS AND CHILDREN TOGETHER



NEVER ALONE

NSPCC 0808 800 5000 (24hrs)

Mind 0300 123 3393 (Mon-Fri 9-6)

Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)

Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)

Samaritans 116 123 (24hrs free)

National Domestic Abuse Helpline 0808 2000 247 (24hrs free)

Victim Support 0808 168 9111 (24hrs)

ChildLine 0800 1111 (24hrs)

Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5 or 8pm)

National Centre for Domestic Violence 0207 186 8270

NEVER ALONE

www.nspcc.org.uk (child abuse)

www.refuge.org.uk (women's shelter)

www.mind.org.uk (mental health)

www.victimsupport.org (rape help)

www.cruse.org.uk (bereavement support)

www.ncdv.org.uk (domestic violence)

www.wearehourglass.org (elder abuse)

www.childline.org.uk (children's wellbeing)

www.samaritans.org.uk (crisis aid & suicide)

www.womensaid.org.uk (domestic abuse)

www.mensadviceline.org.uk (men's domestic abuse)

BB4K INFO

For any BB4K Referrals and/or enquiries please contact BB4K@pactcharity.org
Or call: 0118 402 1682

Please send in any pictures of what you have been doing and any ideas to help with the next newsletter!

Happy summer!

30 day happiness challenge

- clean the bed sheets
- listen to music from your younger years
- meditate
- treat yourself to some flowers
- compliment someone & yourself
- dance like no one is watching
- take yourself out for lunch
- do something creative
- take a relaxing hot bath or shower
- create a pinterest board full of things you love
- bake a cake
- go for a walk
- call a friend
- read a book
- learn something new
- try something new
- help someone
- start a journal
- yoga
- up-level something
- celebrate every win
- exercise
- cook from scratch
- make a fancy breakfast
- listen to the birds
- tidy a room in your home
- visit somewhere new
- watch the sunrise
- eat healthily
- have a PJ day