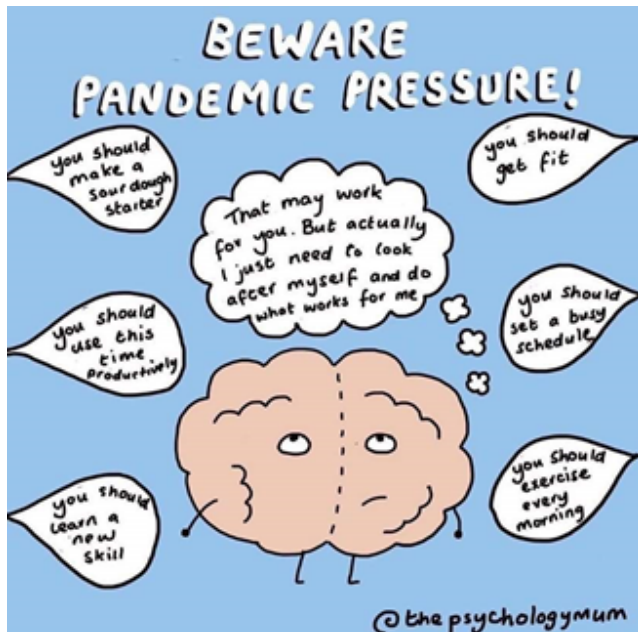




BB4K News, Advice and Support

Week 7 - Well done and thank you for staying home and looking after each other! 😊



Attachment:

- Is a basic human need
- Provides a sense of predictability, safety, security and protection
- Serves as the foundation for care, comfort, stimulation and interaction
- During this stressful time it is important that we feel attached to our children and they feel attached to us.

Activities to help to help promote attachment

Paint each others faces with paint, powder, make up or just pretend.
Play a memory game with a personal touch. First have your child look you over very carefully. Then leave the room and return after you've made a change to yourself. See if he/she can figure out what is different.

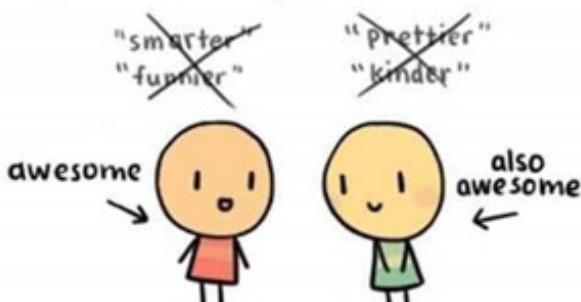
Engage in an 'M&M' hockey match. Use bendy straws and blow M&Ms across the table to the other person's goal. When one of you scores a goal, the opponent feeds that person an M&M.

Play catch! Roll a ball back and forth to teach reciprocity. Throwing or batting a balloon back and forth may be easier than throwing a ball for little ones

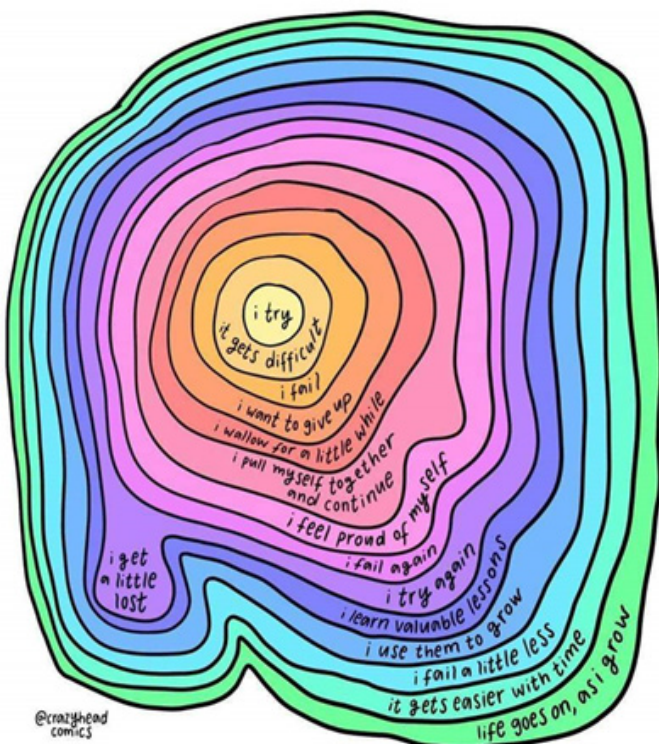
Lotion Massage - Using lotion to massage a child's hands or feet can enhance attachment and strengthen a parent-child relationship. The massage can relax a person's physical body by reducing tension and bringing the brain into a less defensive state.

Brushing Hair - This can be a calming activity that includes a sense of nurturing which connects to a person's internal experience of attachment and bonding.

stop comparing yourself to others.



Scenes from Self-Quarantine



BB4K Positive Wellbeing

Seriously. STOP. And breathe.

If you're feeling adrift, there's a reason. Humans have basic requirements (the bottom of the pyramid opposite) like food, water, air, shelter, sleep, etc. The biological basics. If those are met, then the next rung of the ladder is 'safety and security'. If we feel safe and secure, then we can climb up and start on our 'love and belonging' needs and on up the ladder we go until finally at the very tippy-top is SELF-ACTUALISATION which would entail all of the cool aforementioned activities.

The catch is, you cannot level up until the needs at the current level are fulfilled. If the needs remain unfulfilled, we remain stuck on our current level until the situation changes. This is Maslow's Hierarchy of Needs.

In the midst of a pandemic, we are dwelling in the basement of Maslow's pyramid. How do you think you're going to thrive at the highest levels when we can't even find toilet paper.

YOU PHYSIOLOGICALLY AND PSYCHOLOGICALLY AREN'T BUILT TO LIVE YOUR "BEST LIFE" RIGHT NOW. YOUR JOB IS TO LIVE "A LIFE" RIGHT NOW.

But listen.

Are you eating, drinking water, and sleeping at all these days? If so, that is a triumph right now. Focus on the bottom level. Are you showering? Eating a vegetable once in a while? Getting some sunshine and fresh air? Keeping some resemblance of a sleep schedule?

Start there. And be extra gentle and abundantly gracious with yourself. We'll get through this. And right now, getting through is absolutely enough.



WHEN YOU LOOK AT A FIELD OF DANDELIONS, YOU CAN EITHER SEE A HUNDRED WEEDS, OR A THOUSAND WISHES

Always Look for a Positive

As daft as it may sound there is always a positive for every negative.

If someone told you that you could be spending every minute of every day with the same people for at least four weeks what would you think? Would you be thrilled or filled with dread?

Well the reality is exactly that! That's what most of us have done...so far!!

Think of the things that you have seen during that time that might have been missed if life was trudging along as normal.

How many forgotten thoughts and wishes have you rediscovered? Old hobbies, old loves or jobs that you simply had run out of time for?

How many family walks have you been on that would normally have been a family bundled into the car?

Who has seen the trees? The flowers? The clouds? Things that are always there but mostly go unnoticed.

Who has taken the time to really appreciate what and who they have in their lives?

Appreciate these days...as scary and as uncertain as they are.

We will never get these days back so make sure to notice them. Notice your children, your friends, your partner and enjoy the time you've got together.

BB4K Positive Kids



Cake in a mug

- 35g plain flour
- 2 tbsp cocoa powder
- ¼ tsp baking powder
- 2 tbsp granulated sugar
- pinch salt
- 60ml milk
- 2 tbsp vegetable oil
- 1 tbsp Nutella or mini choc chips



mix dry ingredients in the biggest mug you have
mix in wet ingredients till there's no lumps
drop the Nutella/choc chips on top
put in microwave on high for 70secs

Loads of no-cook kids' recipes at:

<https://www.bbcgoodfood.com/recipes/collection/no-cook-kids>

Mars Bar cake



- 100g softened butter
- 3 Mars Bars (chopped)
- 1½ tbsp golden syrup
- 150g rice crispies
- 350g milk chocolate

melt 3 Mars Bars, golden syrup and butter in a large bowl

add rice crispies

pour into a lined baking tray and press down firmly

melt the chocolate in a separate bowl and pour over the crispie mixture

let it set in the fridge

Flapjacks



- 120g porridge oats
- 60g softened butter
- 60g light brown sugar
- 1-2 tbsp golden syrup

heat oven to 200c

mix everything really well in a bowl

grease baking tin and pour mixture in, pushing everything down with the back of a spoon

cook for 10 mins till golden brown

mixture will be soft when removed from the oven this is normal and will harden as it cools

Easy Baking!

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Young children are going to remember how their family felt during this Coronavirus panic, more than anything specific about the virus. Our kids are watching and learning about how to respond to stress and uncertainty. Let's wire our kids with resilience, not panic.



Kelly's Treehouse



If you would like an NHS certificate of achievement sent to your child please do get in touch.
Email BB4K@pactcharity.org or you can Whatsapp Panda.
I can send via email or post if you do not have a printer!
Let's reward our children!



Happiness is not about getting all you want, it is about enjoying all you have.

Our children are little heros, too.

- Missing their grandparents, extended family, friends and school.
- Lack of normal routines. Loss of structure to their day.
- Parents who are stressed, worried, scared and just *different*.
- Overhearing talk and news without an understanding of what they hear.

Give your little hero more cuddles, more one-on-one playtime, and an extra dose of patience and forgiveness.

NoCrySolution.com



BB4K Wellbeing for Children and Grown-ups!

EdPsychInsight

<https://www.epinsight.com> | Twitter - @EPInsight

Look for exceptions

What Went Well over the past day/week/month?

"When/Where were you not anxious about...?"

"When/Where did you feel less anxious about...?"

"What helped you to cope? What was different?"



Provide positive affirmations

Display messages of acceptance, empathy and hope using a colourful notice board, a personalised advent calendar or a special jar.

Reframe current struggles

"You're getting better at this".

"What are you finding hard at the moment?"

"We just need some more practise with..."



Reminders of success & happy times

Make a scrapbook of photos, drawings, paintings, compliments, stickers and certificates.

Keep a treasure chest of souvenirs and keepsakes - pebbles from the beach; tickets; restaurant napkins.



Promote a resilient sense of self

I HAVE...family who love me; friends who understand me; a safe home/school.

I AM...honest; loyal; funny; hard-working; patient; trustworthy; creative.

I CAN...ask someone for help; take some deep breaths and try again.



Schedule time for Flow - tasks which are truly absorbing & fulfilling

Arts and craft; puzzles and construction activities; working together with peers on a project or online game; reading a favourite book; indulging in special interests through podcasts and YouTube.

Help them to travel in time

Create goals by writing/drawing about an ideal future. Where will the young person be? With whom? Doing what? How would they notice that it's different?

Make a time capsule with concrete evidence of positive memories and examples of skills, activities and resources which helped them cope with adversity.



Recognise strengths and positive qualities in visual & creative ways

Jenga, dominoes or jigsaw pieces.

Magnetic letters on a fridge.

Bracelets and necklaces.

Acronyms of the child's name.

KIND

TREATING TRAUMA WITH HOPE AND OPTIMISM



Important information

The National Domestic Abuse Helpline; confidential and available 24 hours a day 0808 2000 247

Emergency Vet 0118 9960983

Launchpad 10am-4pm
0118 9291111

Support U Loneliness Line
0800 048930

W. Berks Community Hub
01635 503579

Crisis Team 0300 365 99 99

Gamblers Anonymous
0330 094 0322

Alcoholics Anonymous
0800 917 7650

Samaritans 0330 094 5717

One Rdg Community Hub
0808 189 4325

BB4K Consultation by Telephone:

If a **parent OR young person** requires a telephone 121 consultation with BB4K Worker:

Email BB4K@pactcharity.org with name and contact details.

BB Worker will email reply with a time slot for this consultation to support 121 and will call at the agreed time.

Referral Forms will need to be completed for 121 consultations.

We also have a **Bounce Back 4 Kids private group** on Facebook. This is invite only and private so please contact BB4K. We can use this for more direct support and forum/chat discussions.

You are amazing just the way you are
Believe in yourself
You are not alone in this
Look for something positive in each day

You are AMAZING, you are BRAVE, you are STRONG

Bounce Back
4 Kids 

THE JOURNEY TO WELLNESS
ALPHABET guide to
WELLBEING!

ANXIETY IS A NORMAL HUMAN EMOTION. REMIND YOURSELF THAT IT WILL PASS & YOU ARE SAFE.

BREATHE! TAKE TIME EACH DAY TO CHECK IN WITH YOUR BREATH. TAKE LONG, SLOW BREATHS DEEP DOWN INTO YOUR BELLY.

CALMING. CALM & SOOTHE YOUR BODY & MIND WITH A CUP OF CHAMOMILE TEA.

DISTRACTION CAN BE A USEFUL TOOL TO SHIFT YOUR FOCUS AWAY FROM UNHELPFUL THOUGHTS & BEHAVIOURS.

EAT A BALANCED DIET, RICH IN ANTIOXIDANTS & EXERCISE OFTEN.

FRIENDS & FAMILY. SURROUND YOURSELF WITH SUPPORT & PRIORITISE HEALTHY CONNECTIONS & RELATIONSHIPS.

GROUND YOURSELF IN THE PRESENT MOMENT BY TUNING IN TO YOUR SENSES, YOUR BODY & YOUR BREATH.

HEALTHY HABITS. CREATE POSITIVE DAILY RITUALS OF SELF-CARE.

INNER CRITIC. GET TO KNOW YOURS & LEARN TO KEEP IT IN CHECK WITH SELF-COMPASSION.

JOURNAL. WRITE OUT YOUR FEELINGS, THOUGHTS, FEARS, GOALS & DREAMS TO HELP YOU PROCESS THEM.

KEEP CLEAR BOUNDARIES FOR YOURSELF & OTHERS. IT'S OKAY TO SAY 'NO'.

LAUGH. FIND TIME FOR FUN LET YOUR HAIR DOWN. KEEP IT LIGHT & FIND THE HUMOUR IN LIFE.

MINDFULNESS. OBSERVE YOUR THOUGHTS & EMOTIONS WITHOUT JUDGEMENT. BE PRESENT.

NAME YOUR EMOTIONS. ACKNOWLEDGE THEM WITHOUT JUDGEMENT.

OBSTACLES PROVIDE YOU A CHANCE TO LOOK FOR OPPORTUNITIES & OPTIONS FOR GROWTH.

PLAN & PRIORITIZE. KEEP LISTS OR SCHEDULES & DON'T OVERLOAD YOURSELF. BOOK-IN DOWN TIME & SELF-CARE.

QUIET. GIVE YOUR MIND & SENSES A BREAK. TURN OFF & TUNE OUT.

REST! IT'S OKAY TO DO NOTHING SOMETIMES. PUT YOUR FEET UP, GRAB A CUPPA & READ A BOOK.

SLEEP. IT'S SO IMPORTANT TO GET ENOUGH SLEEP EACH NIGHT. PRIORITIZE A SOOTHING WIND-DOWN ROUTINE BEFORE BED.

TECHNOLOGY FREE TIME. SPEND TIME EACH DAY AWAY FROM YOUR SCREENS, ESPECIALLY BEFORE BED.

UNIQUE. YOU ARE THE BEST AT BEING YOU. TRY NOT TO COMPARE YOURSELF WITH OTHERS.

VALERIAN CAN BE A GREAT NATURAL WAY TO HELP ANXIETY, STRESS & SLEEP.

WATER. MAKE SURE YOU ARE DRINKING ENOUGH WATER EACH DAY - NOT JUST IN COFFEES!

XAMINE YOUR UNHELPFUL THOUGHTS & CHALLENGE THEM. REMEMBER, NOT ALL THOUGHTS ARE TRUE!

YOGA. TUNE IN TO YOUR BODY, NOTICE WHERE YOU FEEL TENSION. HONOUR THIS MIND-BODY CONNECTION.

ZERO TOLERANCE FOR THINGS IN YOUR LIFE THAT DON'T HONOUR YOUR WORTHINESS.