

Week 17 - Power up your parenting for the online generation! Remember mistakes are proof you are trying! If your children laugh at you needing help on the computer... remember you taught them to use a spoon 😊

Parents today are in uncharted territory.

The digital age has changed the landscape, and the challenge is to find a way to equip our children to build great connections, make wise choices and develop resiliency in dealing with harmful or inappropriate content and contact.

Dealing with the issue of our child's screen time and online behaviour doesn't have to be daunting. In fact, it is likely to involve many of the approaches that we use in other areas of parenting.

Here are seven tips on helping our children use technology positively and safely.

1. Take a balanced view - There can be two temptations as a parent when it comes to technology: one is to see it as negative and ban it completely, and the second is to ignore the dangers and bury your head in the sand. Neither approach will equip your child effectively. Like most things in life, technology can be used for good or for bad. As a parent, you can help your child to be aware of the difference. With you as their guide they can learn to overcome any challenges and make good choices in the way they interact online.

2. Get involved - Technology is constantly changing, so it is a good idea to keep yourself up to date with what your child is using and how it works – become familiar with the social networks, apps and games that they use. Be curious and ask your child or other young people to explain anything you don't understand or are unsure about.

Spend time with your child using technology – whether playing a game, creating something together or helping find information. Get to know what they are doing online and the friends that they are making.

3. Create tech-free times - It is important to have quality time as a family where you are interacting without the distractions of devices. Set aside times in the week when you can all relate face-to-face and without screens – perhaps during a family night or over a meal together.

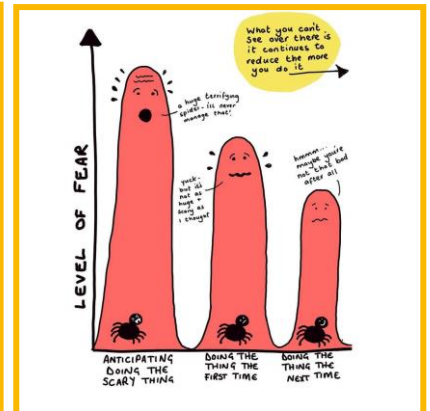
4. Agree limits - Boundaries help your child to feel safe and secure, and this applies as much to online behaviour as to anything else. When your child is younger they will need greater limits, but these can be renegotiated as they become older and more independent. Think about limits with regard to areas such as time allowed on screens, appropriate content, budget, behaviour online, sharing private information, and access to certain sites or games. Consider forming a Family Internet Agreement and discuss consequences for breaking any limits. It is also worth creating a united front with other adults involved in your child's life.

5. Equip children to make good choices - It is important to train your child to respond well when you are not there looking over their shoulder. Talk through various scenarios with them and help them to protect their privacy and reputation online.

Help them to understand that the behaviour and values you want to see from them in other areas of life also apply online. For example, if kindness is something that you expect, emphasise the importance of being kind with people on social networks.

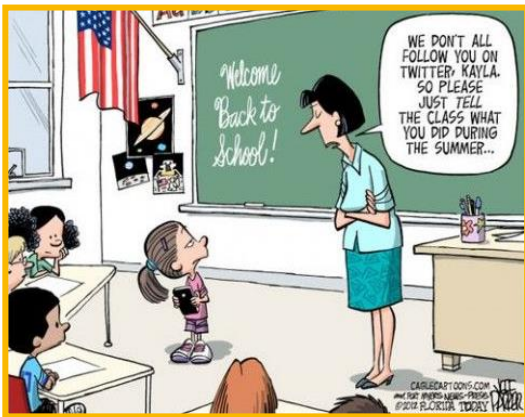
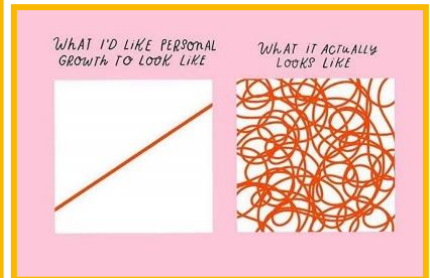
6. Develop your child's resilience - Developing resilience online is about helping your child to deal well with any challenges and to bounce back from any mistakes they make. The best way to do this is to create an environment in which they feel free to talk to you about anything they encounter online and where they can learn from any mistakes.

7. And finally ... Let your child know that you will love them whatever and that no problem – online or off – is too big for you to overcome together.



YOU DID NOT EXPECT THAT YOU WOULD HAVE TO BE A WORKING PARENT AND A STAY-AT-HOME PARENT AT THE SAME TIME.

YOU DID NOT EXPECT TO SEE THEM IN THEIR CHILD-SIZED MASK AND YOU'D JUST WANT TO HOLD THEM BECAUSE A KID IN A MASK IS SO, SO FRAGILE.



IT'S NOT OUR JOB to toughen our children up to face a cruel and heartless world.

IT'S OUR JOB to raise children who will make the world a little less cruel and heartless.

— L.R. KNOST
oddlersapproved.com

www.saferinternet.org.uk
<https://www.childnet.com/parents-and-carers>

As a parent or carer you play a key role in helping your child to stay safe online. You don't need to be an expert on the internet to help keep your child stay safe online. Advice and resources are here to support you as you support your child to use the internet safely, responsibly and positively.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

BB4K Being Positive in the pandemic fog



You can do anything if you break it into bits

How would you climb a climbing wall? In lots of little steps.

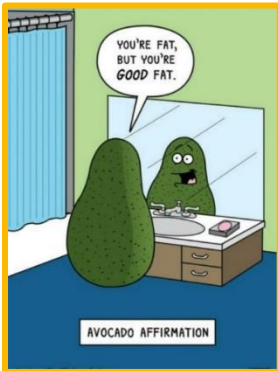
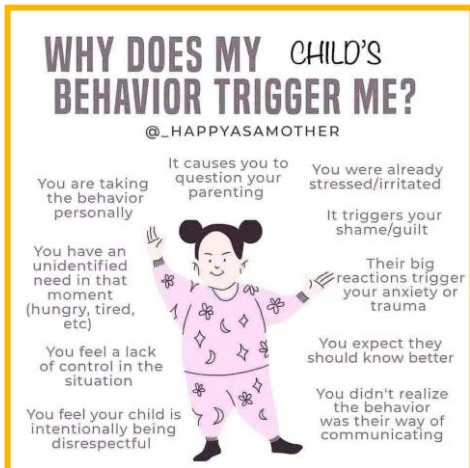
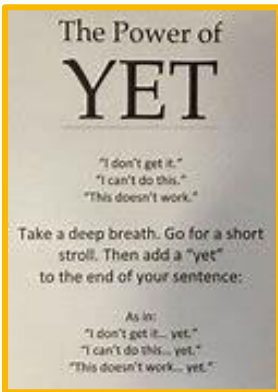
It's the same with changes to your life. Even if your task looks enormous, you **will** be able to do it if you break it into bits.

Let's say you want to cut down playing computer games. You could break the week into bits and just stop on Mondays, for example.

If you want to see your friends more, just work on part of the problem - like inviting a friend over to watch a movie.

Or if you're spending too much, you could start by just cutting out buying a coffee every day.

Most tasks can be chopped up like this, and you're much more likely to succeed when you do things bit by bit.



IF FEELINGS COULD TALK

SADNESS might be telling me I need TO CRY

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BREATHE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME

Self-Care Today

Something responsible & adult-y.	Yoga, meditation something zen.	Physical activity or intentional movement.	Resting & catching up on sleep.
Pausing & taking a break.	Catching up on chores & housework.	Unplugging from social media.	Something warm and comforting.
Meeting your needs.	Connecting with your support system.	Taking your meds or vitamins.	Great, big, belly laughs.
Time to yourself.	Cuddling a soft furry creature.	Tea, books, or writing.	Creative time for hobbies.



Mood Tracker

Begin by explaining that it is completely normal to feel a mixture of emotions and that everyone will be feeling some sort of emotion - especially during a pandemic!

Discuss how keeping track of our emotions helps us to better understand what can trigger happy feelings and what can trigger uncomfortable feelings like anger.

Show your child the mood tracker and explain that it will help to keep track of their feelings.

Explore different colours that you can use to represent each feeling. There are no right or wrong colours!

Explain that at the end of each day, they can colour one of the flower petals or planets to represent how they felt that day. If your child cannot choose one feeling, they can use more than one colour.

Allow your child some time to colour in one of the blank planets or flower petals and use this time to discuss how they are feeling and what they can do if they are struggling to manage it.

Remember to validate each feeling and avoid telling them to 'stop' or 'not to' feel a certain way.

If your child responds in an expressive, cautious or avoidant manner when you try to talk to them about their feelings, don't push them into talking. Doing this exercise will be helpful enough for them to identify their feelings, even if they don't want to talk about them.

By the end of the week, both you and your child can get a clear idea of how they have been feeling!



How to remove permanent marker

Clothes: hand sanitizer

Walls: toothpaste or hair spray

Wood: rubbing alcohol

Carpet: white vinegar

Furniture: milk

White Board: dry erase marker or pencil eraser

Ceramic or Glass: 1 part toothpaste with 1 part baking soda

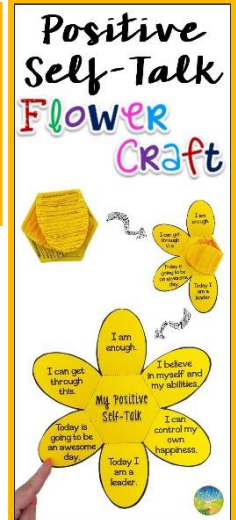
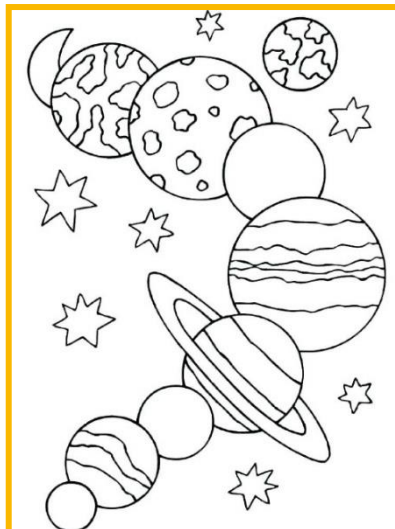
Fiberglass: green & yellow sponge & windex or acetone

Plastic: toothpaste & toothbrush or oil sheen hair spray & a cloth

Autumnal Art

Bringing the outside in. Using items around the home and garden, fingers, paper scraps, twigs and petals, even an old scrubbing brush!

Send a colourful picture to someone you cannot see and make them smile 😊



this BUSINESS
of TRAINING
little HUMANS
for LIFE is a
MIND-BOGGING
PROCESS

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-3-11s>

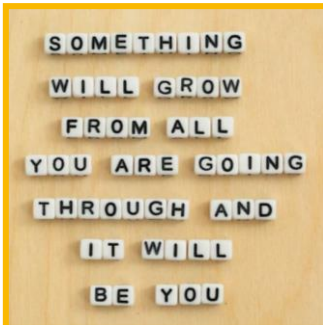
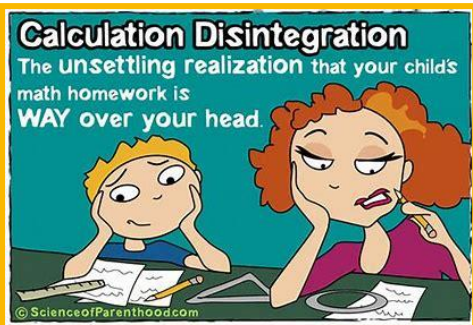
Internet Resources Primary Here you will find films, storybooks and other fun sites, with plenty of information to help you enjoy your time online and stay safe on the internet.

<https://www.gov.uk/guidance/get-help-with-technology-for-remote-education-during-coronavirus-covid-19#get-laptops-and-tablets-for-children-who-cannot-attend-school-due-to-coronavirus-covid-19>

For the 2020 to 2021 academic year, more laptops and tablets have been made available for disadvantaged children in certain year groups who are affected by disruption to face to face education at their school, or have been advised to shield because they are clinically extremely vulnerable.

This guidance provides information for schools, trusts and local authorities about how to apply.

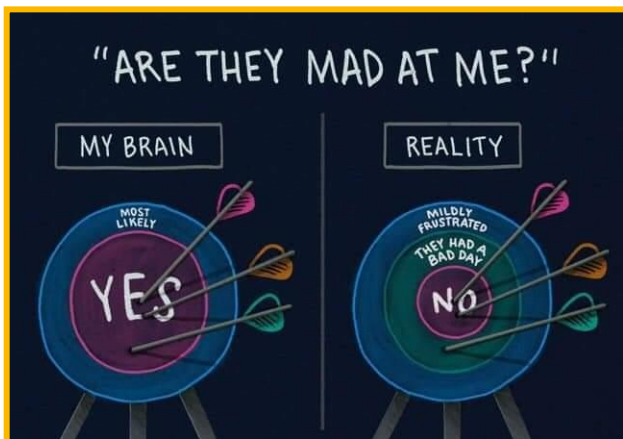
BB4K Positive Teens



10 Things You Can Do To Feel Happier Straight Away

LLTTF™

Get outside more	Enjoy the fresh air and exercise	<input type="checkbox"/>
Eat good things	Gets your body and mind going	<input type="checkbox"/>
Put on your WOW glasses	The world is amazing when really look at it!	<input type="checkbox"/>
Call a friend	It's good to talk ;o)	<input type="checkbox"/>
Get creative	Showcase your talents	<input type="checkbox"/>
Slow it down...	Just be	<input type="checkbox"/>
Make a note of this	Don't suffer in silence	<input type="checkbox"/>
Take one away	Cut out a burger and save some money too	<input type="checkbox"/>
Do something for someone else	It's not what you do, it's who you do it for	<input type="checkbox"/>
The Happy List	Remember the good things!	<input type="checkbox"/>



Whether you're spinning those plates like a superhero or tearing your hair out, there is no right or wrong way of handling this situation and every person is different. Sharing your experiences can be a powerful way of breaking down and explaining how you are feeling.

5 Ways To Handle Your Negative Thoughts

- 1 Be conscious of your thoughts:** As soon as you find yourself thinking a negative thought, stop yourself from thinking it.
- 2 Keep Busy:** Keeping your hands and mind occupied by doing tasks like cleaning, sorting, knitting etc. helps keep your mind off negative thoughts.
- 3 Avoid Triggers:** Minimizing contact negative people and avoiding negative triggers can help keep you sane and positive.
- 4 Get Rest:** Lack of sleep greatly affects your mood, causing you to feel anxious, irritable and angry.
- 5 Listen To Music:** Listening to your favorite music for 25 minutes a day can bring about a great mood change and have a positive effect on your health and day.

YOU COULD TRY USING NO WORDS AT ALL; PAINTING ABSTRACT COLOURS OR PLAYING CHORDS ON AN INSTRUMENT AND SEEING WHERE IT TAKES YOU

IT'S OKAY IF YOU DON'T KNOW WHERE TO BEGIN

BUT DON'T BE AFRAID OF THE BLANK PAGE

YOU DON'T NEED A FULLY FORMED IDEA

YOU COULD START BY LISTING LOTS OF DIFFERENT EMOTIONS

AND USE ONE OR MORE OF THOSE AS A PROMPT FOR A POEM OR CARTOON

IF MY LOW MOOD WERE AN OBJECT, WHAT WOULD IT BE?

KEEP EXPERIMENTING!

HOWEVER YOU CHOOSE TO CREATE, ALWAYS EMBRACE IMPERFECTION



Autumn Self-Care Challenge

@BlessingManifesting

- Dig out your cold weather pajamas.
- Paint pumpkins with quotes or inspirational sayings
- Do something to celebrate your body
- Indulge in pumpkin (or apple) baked goods
- Embrace the concept of warmth and coziness
- Buy or make something to add to your fall wardrobe
- Choose a day to unplug & enjoy the weather
- Wash your bed linens & bring out your warm blankets
- Make soup or try a new crockpot recipe
- Check in with how you're feeling & what you need
- Enjoy your morning beverage outside
- Let go of that thing that's been bothering you
- Start a 7-day gratitude practice
- Give yourself a massage with a good lotion
- Pick one bad habit that you want to work on
- Light a fall scented candle and relax
- Strive to create more balance in your life
- Declutter & get rid of things you no longer need
- Spend time outside journaling or writing
- Bake goodies -share them with someone you love
- Warm blankets windows open delicious nap
- Do a thing you've been afraid to do
- Go on a nature walk & take photos of the season
- Slow down and savor the little moments
- Get spiritual meditate, read, or spend time in prayer
- Apple cider candied apples apple picking apples!!!
- Write a letter to release your emotions
- Practice hygge the art of coziness
- Honor your ancestors in some way
- Sit by a fire pit, fire-place or just get warm and toasty

How to contact us:

If you would like to find out more about more, please contact the BB4K team today:

Website: www.bounceback4kids.org

Email: bb4k@pactcharity.org

Telephone: **0300 456 4800**

Please contact us if you are seeking support for children aged under 5 or over 12 years old.

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

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.ncdv.org.uk (domestic violence)
- www.childline.org.uk (children's wellbeing)
- www.womensaid.org.uk (domestic abuse)
- www.mensadviceline.org.uk (men's domestic abuse)
- www.samaritans.org.uk (crisis aid & suicide)
- www.wearehourglass.org (elder abuse)
- www.childline.org.uk (children's wellbeing)
- www.ncdv.org.uk (domestic violence)
- www.victimsupport.org (rape help)
- www.mind.org.uk (mental health)
- www.nspcc.org.uk (child abuse)

NEVER ALONE

- NSPCC 0808 800 5000 (24hrs)
- National Domestic Abuse Helpline 0808 2000 247 (24hrs free)
- Mind 0300 123 3393 (Mon-Fri 9-6)
- Victim Support 0808 168 9111 (24hrs)
- Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)
- ChildLine 0800 1111 (24hrs)
- Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)
- Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)
- Samaritans 116 123 (24hrs free)
- National Centre for Domestic Violence 0207 186 8270