



Top Tips for *Creating Calm*

We understand that many of you may be feeling anxious and tired at the moment, whilst trying to maintain a level of normality during these unusual times. We hope that the top tips below help you in creating a sense of calm and wellbeing as we continue adjusting to our new and ever changing routines.

- **Establish a regular routine**

For example, let your children know that in the morning you are going for a walk and after lunch will be playing in the garden. Use the weekly activities on our Nursery School website page (<https://eveshamnurseryschool.co.uk/>) to support you in planning your day for the children and remember to include some regular exercise. Children particularly enjoy a consistent bedtime routine i.e.; bath time, story time and then bedtime. Although it feels like the days' drift into evenings and weekdays into weekends – try to resist the temptation to lay in in the morning and to stay up late at night. You will help your children to feel most secure by providing them with a familiar, structured and consistent routine.

- **Give your children a supportive pre-warning when transitioning from one thing to another**

We have all felt the disappointment of being taken away from something that we are enjoying, to instead engage in something that we have been asked to do.

Help your children by pre-warning them, i.e. giving them three minutes before you move them on to something different i.e. bath time, lunch time etc.

Many children find pre-warnings easier to understand if they can physically see the time reducing – you could use a sand timer, clock or count down on the IPAD to help you.

- **Provide limited choices**

Help children to feel that they have a voice and can be successful, by offering them limited choices. i.e.

- 'It's time for bed' – would you like me to read Goldilocks and the Three Bears or The Three Little Pigs?
- 'It's time for snack – 'banana or apple'?

Being presented with limited choices will help your children to feel more in control and will reduce both their anxiety and yours.

- **Use Positive Language**

Children respond brilliantly to positive language – try using the 'yes you can' language rather than 'no'; for example;

'Yes you can, first..... then.....'

'Throwing, yes you can, throwing is outside'.

'... wants to run, yes you can, running is outside'.

'Playing outside, yes you can, first lunchtime, then playing outside'.



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• Physical Activity

The 'NHS' advise that ***'pre-school age children spend at least 180 minutes (3 hours) per day doing a variety of physical activities spread throughout the day, including active and outdoor play'***. This should include at least ***'60 minutes of moderate to vigorous intensity physical activity'***.

Now that we are able to exercise for longer periods outside of our homes, try to include a scooter or bike ride, a game of ball in an open space, flying kites, walking through woods etc. as part of your everyday routine. And don't forget that when the children are playing at home, they will continue to need lots of physical challenges – try getting them involved in some gardening, or carrying out the washing etc. – with all this exercise you will find that not only they will sleep better, but you might too!

• Play

Play is an essential part of every child's life and is vital to the enjoyment of childhood as well as social, emotional intellectual and physical development. Take time to show interest in your child's play and become their Play Partner – this is one of the greatest gifts that you could ever give to your child. Let your children take the lead and share their ideas and interests with you. Help them by maybe introducing some new resources which extend their thinking and creativity. Include everyday 'open ended resources' within your children's play; it really is amazing what you can turn a pinecone into or do with a curtain ring! Most importantly have fun – smile, laugh and let your children see your enjoyment in sharing their play and learning!

• Healthy Routines

Try to maintain healthy routines during your time at home;

-The 'Sleep Council' suggests toddlers need around 12 hours of sleep and three to six year olds need 10-12 hours.

-Making healthy choices in children's diets – this is vital in supporting children's growth and vitality (healthy kids.nsw.gov.au).

-Keep screen time to a minimum - the 'NHS' suggests that children should not use a screen before the age of 2 and after that screen time should be for no more than an hour per day – but preferably less!

- <https://www.nhs.uk/change4life> gives lots of tips for maintaining healthy lifestyles for the whole family

• Time

As well as investing in time to play with your children and to keep yourselves busy, remember that you also need some 'time'. Time to do something that you enjoy, time to relax, and time to just 'be' – without direction, without pressure and without guilt. It is just as important for you to have some 'me' time as is for your children – put a little time aside every day to do just that!

• Celebrate your child with Positive Praise

Children need to hear at least 5 positive comments to 1 constructive one! Remember to choose your battles and praise the behaviours which you **want** to see – i.e.;

- If one of your children is sitting well at the dinner table and another is not, praise the 'good sitting'.

- If your child tends to run in the house and you want them to walk, praise their good walking each time you see it.

Let your children know how to succeed e.g. be clear in telling them the rules and expectations, i.e. walking inside, putting lids on pens etc. and then celebrate their successes in following these. Remember that all of the adults need to have the same rules so that the children are clear when they have been successful!

Even though we are unable to support you face to face at the moment, we are still here to help and are very happy to do so. If you need any advice or support, please give us a call on our school telephone number **01386 423118** or send an email to our office email address office@evesham-nur.worcs.sch.uk