

# Nurturing Relationships

within the family



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# Who We Are

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# Introduction to Nurturing Relationships

We will be thinking about the following topics, and how we can nurture relationships through children's development.

Building the  
resilience of  
the whole  
family

De-escalation  
strategies

Activities  
for the  
family

Self Help

Restorative  
communication  
tools

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# Supporting your children's development through activities

- Physical
- Intellectual
- Emotional
- Social

Is your child learning new skills?

How well can your child communicate their needs?

Is there anything different going on in their lives?

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# Physical

- Walks in nature
- Scavenger hunt
- Bike Rides
- Swimming
- Skipping – Hula hooping
- Playing catch
- Dancing
- Mud Kitchen
- Planting seeds/Growing food
- Build a blanket fort

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# Intellectual

- Reading
- Puzzles
- Card and Board Games
- Music
- Make your own instruments
- Story Telling
- Bath time
- Hobbies and interests
- Conversations

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# Benefits of Bedtime Reading

1. Reading nurtures the parent and child bond
2. Reading provides healthy routine and reassurance to your child
3. Reading sparks children's imagination, which helps them problem solve throughout life
4. Reading forms strong foundations for children's ability to learn from other people's experience and knowledge
5. Reading helps children perform better in school across all subjects
6. Reading helps children to become more accepting of people from different backgrounds, cultures, and with different experiences and ideas
7. Reading helps children to feel more confident with teachers and classmates, and contributing in class – and in other social situations
8. Reading helps children to keep on learning throughout life
9. Reading helps children build confidence as well as positive life habits
10. Reading to your child is wonderful time together



Restorative  
communication  
tools

**Norfolk Libraries -**  
[Norfolk.gov.uk/libraries](http://Norfolk.gov.uk/libraries)  
[Justonenorfolk.nhs.uk](http://Justonenorfolk.nhs.uk) – Book start

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# Emotional

- Naming feelings
- Talking about feelings
- How do you help your child manage their feelings?
- Problem solving when things go wrong. Acknowledge feelings. What went wrong? What could we do differently next time?
- Cooking together
- Bedroom – a safe relaxing space
- Does your child have a space they can go and relax in, or calm down in?
- Practice Mindfulness

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# What is Mindfulness?

- Being present in the moment
- Being aware of what is around us
- Focusing on the task at hand
- Relieves stress
- Useful for adults and children
- Being aware of our own bodies

Meditation

Breathing

Senses

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# Mindfulness activities for Children

- Walks in nature – Focus on what you can see, hear, smell, touch
- Scavenger hunt – Use the senses (5,4,3,2,1)
- Guided breathing
- Meditation (Calm)
- Children's Yoga
- Drawing/Colouring
- Sand/Oil timers
- Make a glitter jar
- Rice bottles – find the ?



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# Social

- Eating dinner together
- Having a picnic – indoors or outdoors
- Roleplay and imaginary play together
- Acting out new situations (such as going to school)
- Play dates
- Making links with other parents
- Visiting the local park
- Socialising within your family and support network
- ECFS – 0-5yrs
- Sharing and turn taking activities

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# Support Networks

- Who in your life supports you?
- How do they support you? Practical things? Emotionally?
- Who around you is a positive factor?
- Do you have boundaries in place for unhelpful family members?
- Who do you confide in?
- Who listens to you?
- Who actually helps?



# Nurturing Adult Relationships

- Make time together as a whole family, as a couple and for yourself
- Work together to establish consistent parenting
- Find a hobby you both enjoy – or take interest in your partner's
- Put the phones down!
- Be open – communicate, listen and respect what your partner has to say
- Find a project you can work on together
- Cook together

Even if you are separated, where possible, working together and open communication will benefit yourselves and your children.

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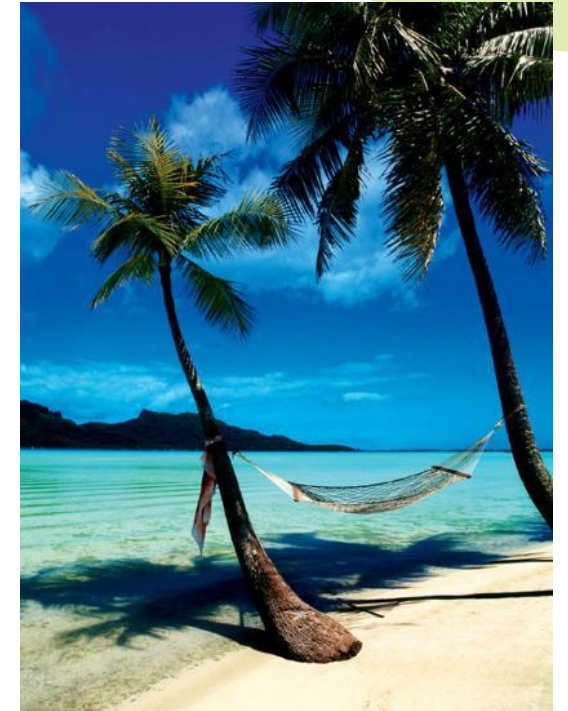
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# Self care and Mindfulness for adults

- Meditation – body scan, guided breathing, imagery
- Focus on one task at a time
- Exercise – preferably outside in nature and the fresh air
- Play your favourite songs (and sing along if you want to!)
- Put electronics down
- Take a long shower or bath
- Read a book
- Eat a healthy balanced diet



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# Just One Norfolk

- **0300 300 0123**
- Health visitors and School Nurse teams
- Online parenting courses – Solihull
- Fun and Free Online Family Learning via Norfolk County Council
- ECFS – Virtual online activity programmes
- Home cookery on a budget
- Returning to school support
- Pregnancy Support
- Childhood Illness support
- Staying safe – in the home, online, on the road and around others
- Childhood Development and Additional Needs
- Healthy Lifestyles for the whole family
- Parental and Childhood Mental health
- Parent advice line



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# Other resources and Services

- Mind
- Calm app
- Kooth
- Action for Children – Children’s Centres
- Children’s Advice and Duty Service
- GP Surgery
- School – Pastoral support
- Norfolk Libraries



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# Recap

Benefits of Bedtime reading

Using Mindfulness for stress relief, de-escalation and relaxation

Using mindful activities to benefit children's development and well being

Activities to nurture the relationships within the family

Activities to benefit children's development

Where you can go for support

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# Next Week's Session

Thursday 11<sup>th</sup> March, 4pm-5pm

## SEND

The Local Offer, SENDIASS, Just One Norfolk, How to access mental health advice and help including the digital offer, Family Voice, Specific social network groups

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# DO YOU HAVE ANY QUESTIONS??

Thank you for joining our online session, we hope you found it useful.

Please complete our online feedback form, which will be sent round after this webinar has taken place.



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