

Helping Me Sleep Well

Balancing hormones

Reduces stress /
cortisol levels

Moves what we have
learnt from today into
our long term memory
e.g. vocabulary and
motor memory

Improves mental
health

Immune system

Body's recovery &
healing

Helps concentration

Top tips for sleep

- No screens 1 hour before bed
- Have a bedtime routine
- Quiet activity e.g. Lego, story, colouring, bath.
- Consistent bedtime
- Exercise during day/ after school– could you keep doing the mile a day? Joe Wicks exercises?
- Bedtime snack—light and non sugar



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Eating Together

Opportunity to connect with each other, discuss problems and emotions and in the longer term, boost self-esteem, resilience and positive behaviour

Opportunity to develop active listening skills e.g. making eye contact with each other, listening to each other

Opportunity to learn to take turns in a conversation

Opportunity to practice sequencing our thoughts when telling what we did in our day.

Learning new words

Learning to sit at a table



Fine motor skills-
Developing ability to use cutlery and condiments

Planning & organisation-
preparing the table,
organising what, where
and how items are to be placed

Help fussy eaters. Increase exposure to greater variety of food, textures and smells which can improve range of food in diet

Helping Me To Do Things For Myself

- Reduces anxiety/ calming. Tasks that include heavy work or put deep pressure into muscles calm the brain and body
- Supports fine and gross motor development
- Promotes organisation and memory
- Promotes independence e.g. with self-care— dressing, grooming, eating, drinking, snacking, toileting etc.
- Recognition that tasks have a beginning, middle and end just like a story- helps with sequencing skills and Literacy skills
- Exposure to different sensory experiences
- Promotes confidence in own abilities and enhances self esteem so new tasks won't be daunting
- Fosters responsibility and sense of belonging

How?

- Offer choices
- Sort belongings or items out that is needed e.g. to get dressed
- Self-care tasks. Be patient!
- Tidying up
- Chores - each person has a role within the home

Important- No screens at table, allow for messy eating!
This helps a child learn body awareness



Playing Together

Use your Imagination- create dens, crawl under furniture

Don't be afraid to get messy!!!

Imaginary play & role play with household objects, dress up

Get outside!!!
Jump, run, hop, play catch

Involve in the household chores e.g. hoovering, brushing, polishing!

Opportunity to hear words/sentences and take turns

Healthy body and mind

Develop body and spatial awareness

Improves sleep

Playing together can develop your child's fine & gross motor skills

Helps keep a child calm by:
- Using their bodies
- Improving management of emotions & frustration tolerance

Problem-solving together, improving confidence & resilience for real life situations

⇒

Let your child take the lead

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Simply comment on what your child does

Reading Together

Provides opportunity for positive and affectionate moments e.g. laughter, hugs and cuddles, connection

Promotes visual skills when looking at pictures and scanning letters and words

Opportunity to practice sitting

Builds important thinking skills - attention, memory, impulse control

Builds language and vocabulary

Fine motor skill –turning the pages, holding the book

Good bedtime routine to help children calm and settle at night.

'Serve and Return' interactions while reading build self esteem

Proven to improve Literacy and Numeracy if read to 3-5 times/week.

Great way to teach children about feelings and emotions

Ask them to guess how characters are feeling or how they might feel in the same situation

