



Supporting children, families and schools

The greatest gift of all: playing with you!

All children need to play. It is their way to learning skills, it helps them to release emotions and strengthens their relationship with you. Regularly playing with your children helps you to feel closer, also encourages them to cooperate more.

How can parents help?

I know most of you might feel exhausted at the end of the day. However, all you need is 10mins of play, which will help you and your child to let out some of the stress accumulated from your day. I invite to try some of these during the day:

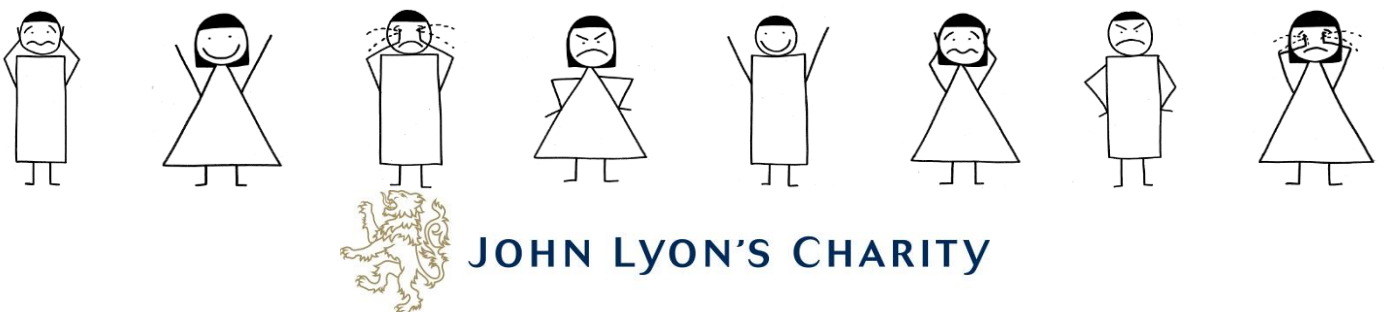
- If your child is feeling over-excited and needs to let off some energy, how about taking him to a quiet, safe space and letting him spin around while you watch him.
- If your child is having difficulty getting to sleep at night, you could say goodnight to each part of her body massaging it gently with lotion.
- If your child needs some help calming down, perhaps you could blow bubbles together and see how long you could keep them in the air before popping.
- Play football together by blowing cotton balls around through straws.
- If your child is finding a situation difficult, use stuffed animals to act it out.
- Finally, I always suggest following your child's lead and joining them in their favorite game: let your child teach you how to play!

If you would like to meet for a confidential and non-judgmental talk about you or your child or any other worries, I am available on Wednesday 9-10a.m. To book an appointment, you can call/text me on 07833 460683 or e-mail: gurbonaviciute1.307@lgflmail.org

With best wishes,

Greta

Therapeutic Lead in Schools



JOHN LYON'S CHARITY