



★ Moving up to secondary school

Going up to secondary school can be an anxious time for parents and children. Here are some tried and tested ideas to help you:

★ **BUILD** your child's confidence by telling them often how great they are – if children feel good about themselves they will cope better with change, make friends easier and are less likely to be bullied.

★ **TALK** openly about their worries and listen to the answers – so you can identify the issues that are important to your child.

★ **LEARN** to problem solve. Practice 'what if?' scenarios around specific worries to identify what options there are, e.g. what if they got lost on their way to a lesson?

★ **PLAN** the journey to school over the summer holidays, practice their road safety skills and find out who else your child could walk or get the bus with.

★ ORGANISE

your routine.

Create a

checklist of

things that

they need to remember and stick it up on a wall so you don't have to nag!

★ **REMINDE** them that change can be scary but is exciting too. Remind them that we all need help sometimes and it's ok to ask questions.

★ **DO** check out your new school's website and ask the school for support if you feel worried about anything in particular.



★ Going up to Year 7: Eleanor's Story

"One of my main worries about the transition to secondary school was homework. I spent endless nights worrying about it – Was my homework going to be good enough? Would I get it in on time? Would I get lost? All these things I had managed perfectly well in the past I was suddenly questioning.

My parents and friends helped me get through this. They reassured me there was nothing to worry about and this boosted my confidence. I also learnt new techniques to be more organised like setting up trays for each weekday so I could check each morning and see what I needed to bring in.

I also worried about not being with any of my friends. I was only with 3 other people I sort of knew from my school. But on my first day, I made friends with



“ On my first day,
I made friends
with so many people,
I lost count.”

so many people, I lost count. The people in my form were nice and I made a new friendship group with at least 10 people from my classes. Losing friends is nothing to worry about because you can keep in touch with them by phone or email.

I was looking forward to being taught by experts in their subjects; it is really nice having an art teacher who can draw, or a French teacher who can speak fluent French.

Secondary school is a great change. It can be mistaken for a big thing which will ruin your life, but I found it the most exciting change you will ever go through.”

Eleanor M, Year 7

★ How to help your child feel safer and happier



★ Dealing with anxiety

Helping children manage change and anxiety

All children get anxious sometimes and this is a normal part of their development as they prepare for new challenges.

Anxiety causes a reaction in the body, 'fight or flight' which causes physical symptoms like feeling sick, heart beating faster or feeling faint which in turn can lead to anxious thoughts and behaviour.

Anxiety can be caused by lots of different things; we all deal with stressful situations differently and

some are more prone to anxiety than others; being a 'worrier' can also run in families. Anxiety could be caused by stressful events or situations at home or school, like moving house, parents arguing or separating, illness in the family or bullying and friendship issues at school.

If anxiety starts to get in the way of day to day life, is affecting your child's development, or having a big impact on their schooling or relationships, then it's best to take action to help children manage their anxiety better before it gets more serious.

★ We'd love to hear from you!

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★ Tips for managing anxiety

★ Help children to **recognise anxious feelings** in their body, so they can tell when they are becoming worried and ask for help.

★ Give children **time to talk** about their worries and don't dismiss them as silly or not important. It can help to think about how likely it is on a scale of 1 to 10 that their worry will happen.

★ **Reassure them** that the anxiety will pass. It can be helpful to imagine their anxiety as a wave and help them to 'ride' or 'surf' the wave and see how it gets smaller after it peaks.

★ Distract them by **focussing on something else**.

★ Help them to relax by **breathing deeply and slowly**, in through their nose for 3 counts and out through their mouth for three counts. Breathing into a paper bag can also help.

★ **Give them a cuddle** or hold their hand if they will let you as touch can be soothing.

★ It can help to talk to children about **finding a 'safe place'** in their mind, somewhere that they feel relaxed and happy

★ **Use a 'worry box'** where they can write the worry down and post it into a tissue box so it's contained.

(Some children will enjoy decorating the box too.)

★ Help your child to **put worries into perspective** by sorting them into ones that aren't their job to worry about, for example money worries could be labelled as their parents' business.

★ Get them to **measure how anxious they are** on a scale of 1 – 10 and notice this at different times to see how it gets better or worse and what helps.

For more tips, go to www.youngminds.org.uk



★ Child Safety Week: 1–7 June 2015: Teatime Terrors

The theme of Child Safety Week this year was Tea-Time Terrors. It's often the busiest time of day for families that can leave everyone feeling frazzled. This is often the time children are most at risk of accidents. For more information go to the Child Accident Prevention website: www.capt.org.uk

★ Morning mayhem: Claire's story

My mornings were chaos trying to get the children to school on time! I have three children aged 4, 5 and 7 and I spend my life behind schedule, constantly saying 'get dressed', 'hurry up', 'we will be late', 'get your shoes on', 'clean your teeth!'

I was constantly shouting at the children; usually screaming at one child to brush their teeth, while one was looking for socks and another was shouting 'where is my PE kit?'. Mornings were mayhem. Before the children even got to school they were harassed, rushed and nagged! This couldn't be good for them.

So I decided to do something about it. I booked myself onto a Triple P course (Positive Parenting Programme), where I have learned lots of new things about parenting.

After Triple P: We sat down as a family, discussed how we could improve the morning routine, and came up with this:

★ **Be more organised.** I sort things out the night before; children get their school clothes ready, packed lunches are made, dinner money/menu choices and PE kit etc. are sorted and ready by the door.

★ **Get up earlier.** My alarm goes off 20 minutes earlier so I have time to shower and get dressed before the children are up. The children have to be dressed before they eat breakfast then clean teeth, do hair, and put shoes on. Once all this is done they can choose a reward like watching TV or colouring in.

★ **Praise/rewarding** the children for good listening and carrying out their tasks.



My mornings are turning around to be more organised and stress free for all of us, which can only be a good thing!



★ Tea-time terrors

As parents, we know how difficult it can be to keep an eye on your children all the time, and even more so at busy times of day when there are things that need doing like cooking tea.



As a Home Safety Adviser, I would always recommend that if possible a stairgate is fitted to the kitchen doorway so that babies and toddlers can't access kitchen hazards such as the hot cooker, cutlery drawer, kettle etc.

If this isn't possible, putting your baby/child into a highchair (with a fitted harness) or a playpen is ideal so you know where he/she is at all times. You can also reduce the risk of tripping over them with a hot saucepan if they get under your feet, and it will prevent them getting access to the cooker whilst your back is turned.

It's also a good idea to use drawer catches and cupboard locks so your child isn't able to get into areas with dangerous items, such as bleach under the sink or knives in the cutlery drawer.

For more info about the Home Safety Equipment Scheme, contact Eleanor Davies on 01273 675 609.

★ Upcoming free talks

For details of all upcoming Triple P courses and talks, go to the Brighton & Hove City Council website: www.brighton-hove.gov.uk. There is no need to book for any of these talks.

- Thurs June 25th: The Power of Positive Parenting, Cornerstone Children's Centre 7.30 – 9.30
- Sat 4th July: Raising Confident, Competent Children, Tarnar Children's Centre 10.00 – 12.00
- Thurs 9th July: Raising Resilient Children, Cornerstone Children's Centre, 7.30 – 9.30

★ What's on for families over the summer?

Brighton & Hove City Council's Active for Life Sports Development Team and the Trust for Developing Communities Youth Team PRESENT.

Wild park youth festival

- a TAKEPART local event

SUNDAY 28TH JUNE 2015

12-5 PM

activities + sport + music for local teens

5-a-side football tournament brought to you by Albion in the Community with prizes for the winning teams

Archery and Climbing Tower brought to you by Adventure Unlimited

Over 20 different sports & activity clubs from across the city providing everything from Skating to Yoga

All free when you register!

plus

- Burgers & Hotdogs
- Music
- Sports
- Prizes

For more info visit www.brightonsummer.co.uk call 07772269761 or email adammuirhead@trustdevcom.org.uk

★ Don't sit in front of a screen this summer, get out and get active! It's good for everyone's physical and mental health and lots of stuff is FREE!

★ Active for Life provide lots of low cost activities for children across the city - check out what's in your area by emailing sports.info@brighton-hove.gov.uk

★ The Nature Detectives website provides info on activities for rainy or sunny days! www.naturedetectives.org.uk

★ For information about what is going on in the city for children and young people: www.childfriendlybrighton.co.uk

★ Make a summer holiday activity planner so you know when things are happening and where there are gaps you need to fill.

Moulsecomb 'Sunflower' Group hold monthly coffee mornings on the second Tuesday of every month 9.15 – 11 a.m. for parents and carers of children with additional needs. Summer dates are: Tues 9th June, Tues 14th July, Tues 11th August and Tues 8th Sept. Meetings are informal, informative and supportive and are currently held in the Community Room of Moulsecomb Primary School. Please call Jackie Martin, from the Trust for Developing Communities for more info: 07449 464 695.

FREE Kite Festival, Stanmer Park, Brighton, 11th/12th July. Kite displays, fun for kids, owls to stroke - for more details visit www.brightonkiteflyers.co.uk

Young Oasis have an outdoor activity programme running throughout the summer holidays for children aged 5 – 14 affected by familial drug/alcohol misuse.

Activities run from 28th July – August 20th. For more information or to book a place please contact Jo Parker or Toby Chown on 01273 696 970 ext. 300.

★ Activities for children and young people with additional needs and their carers

Could you be entitled to free/low cost activities?

The Compass Card provides around 70 free and discounted offers across the city for children and young people aged 0 – 24 with significant additional needs living or going to school in Brighton & Hove.

From free swimming at the Prince Regent, King Alfred and St. Luke's swimming pools and free CD, DVD and audio book lending in local libraries, to discounts at the Odeon and Duke's cinemas and a 10% discount in Brighton & Hove Radio Cabs. To apply, call the Amaze helpline on 01273 772289 or visit www.amazebrighton.org.uk

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Working with communities to keep children safe

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