



News from Miss Tanner...

You and your child's wellbeing

Treating children for stress disorders



By the age of 16 more than two thirds of children will have been exposed to at least one traumatic event and this may result in the development of a psychological disorder such as; Depression, Anxiety or Post Traumatic Stress Disorder.

How to assist adults and children affected by trauma:

- Have a fixed routine
- Calming and relaxation techniques: breathing, self-talk, muscle relaxation, mindfulness
- Healthy eating and plenty of sleep
- Provide opportunities to talk about their feelings
- Keep socially connected
- Minimise ongoing stress
- Be patient and tolerant of your own and others' reactions
- Seek help early



Attendance



**Thank you to all of the families who are supporting the Attendance process.
Keep up the good work.**

This includes:

- **Explaining every absence**
- **Providing sick certificates**

We are a team and we are here to support you and your child to the best of our ability.



School success starts
with attendance

Helping Children Manage Feelings

We understand that children have meltdowns which can be seen as temper tantrums.

Did you know children are NOT born with innate skills to regulate their emotions?

They need to learn to manage their emotions, attention and behaviours.

The best way they learn is through their **environment** therefore **YOU ARE LEADING BY EXAMPLE.**

To support your children by being a positive role model you can:

1. Demonstrate appropriate self-regulation. Take deep breaths, count, walk away, focus on another task, talk about it when everyone is calm (use the Restorative Justice questions).
2. Provide positive support when your children are upset, tired or angry (ask them what they are upset, tired or angry about, provide nurturance, stay calm).
3. Break down complicated tasks (getting ready for school) into smaller parts (breakfast, getting dressed and packing your bag) so children can practise self-regulation without becoming overwhelmed. Have a checklist for them to refer to.

