

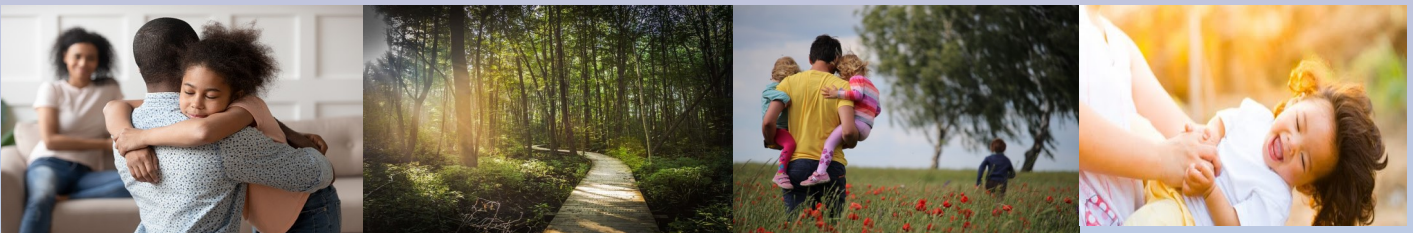
WHAT MAKES A THRIVING FAMILY?



The biggest determiner for a child's success is parental involvement- especially in primary school! Studies show that parental involvement will strongly positively influence a child's attainment regardless of their background or school.

Parental involvement takes many forms. These include:

- good parenting in the home
- the provision of a secure and stable environment
- intellectual stimulation
- parent-child discussion
- good models of constructive social and educational values and high aspirations relating to personal fulfilment and good citizenship
- contact with schools to share information
- participation in school events



**It is simple to help your child to thrive-
be INTERESTED, be HEALTHY AND ACTIVE, be
CONSISTENT..... be THERE!**

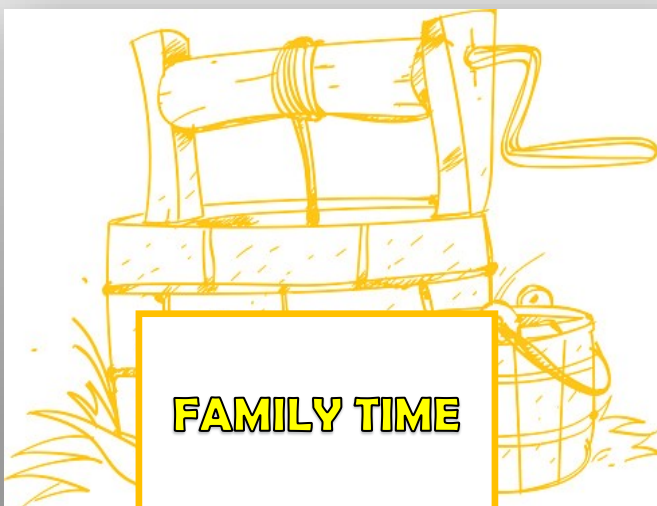
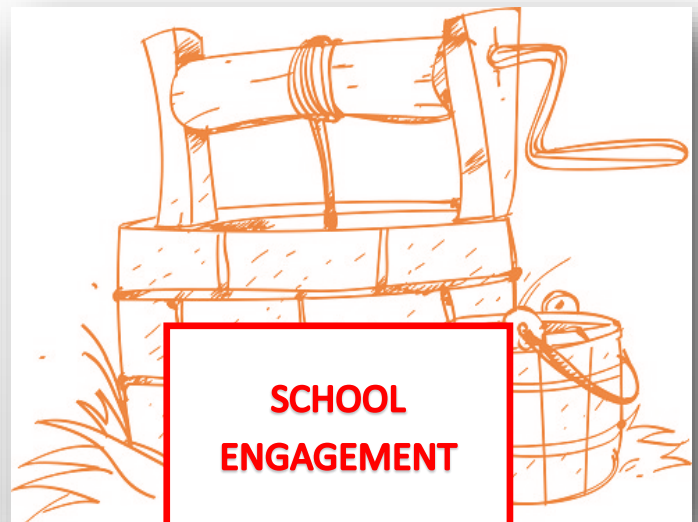
We can think of being able to thrive like filling up a well.

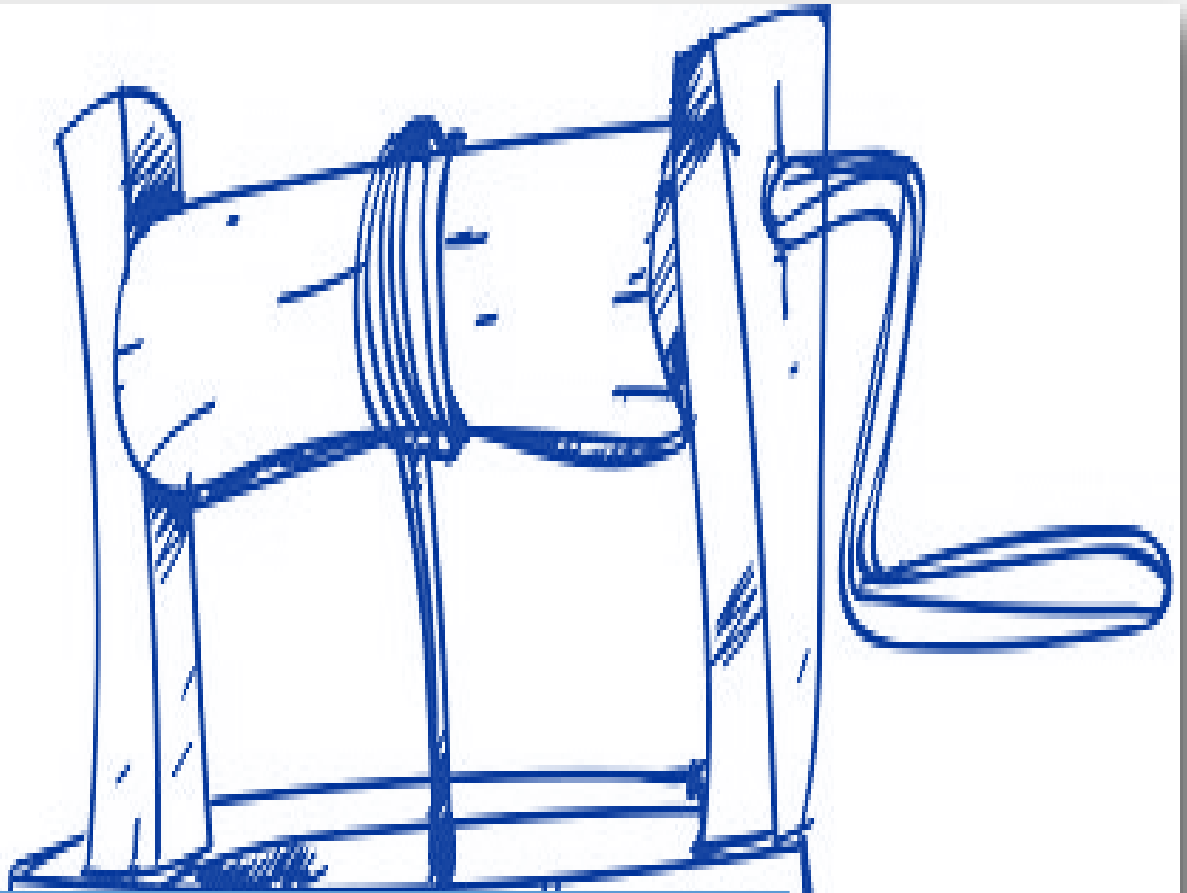
**There are five wells to fill in order to help your child thrive.
Making time to focus on these wells will have a big impact.
When your well is full– it's easier to get water!**

**We all need help with filling our wells sometimes. So how can
we help you? Which well will you focus on?**

WHICH WELL NEEDS FILLING FOR YOUR FAMILY TO THRIVE?

We all forget to fill our wells at times. Time just seems to get away with us. But focusing on one well at a time can make a massive difference!





Organisation

- **Weekly Timetable**
- **Clubs Overview**
- **Clothes organised in specific drawers**
- **Communications Book check**
- **Parent App Alerts check**
- **Website check**
- **Bills, etc to come out after payday**
- **Financial Planning**
- **Weekly planning of teas**
- **Declutter– out with the old!**

WEEKLY PLANNER

THE WEEK OF:



POSITIVE
THOUGHT

TO-DO LIST

MONDAY

TUESDAY

WEDNESDAY

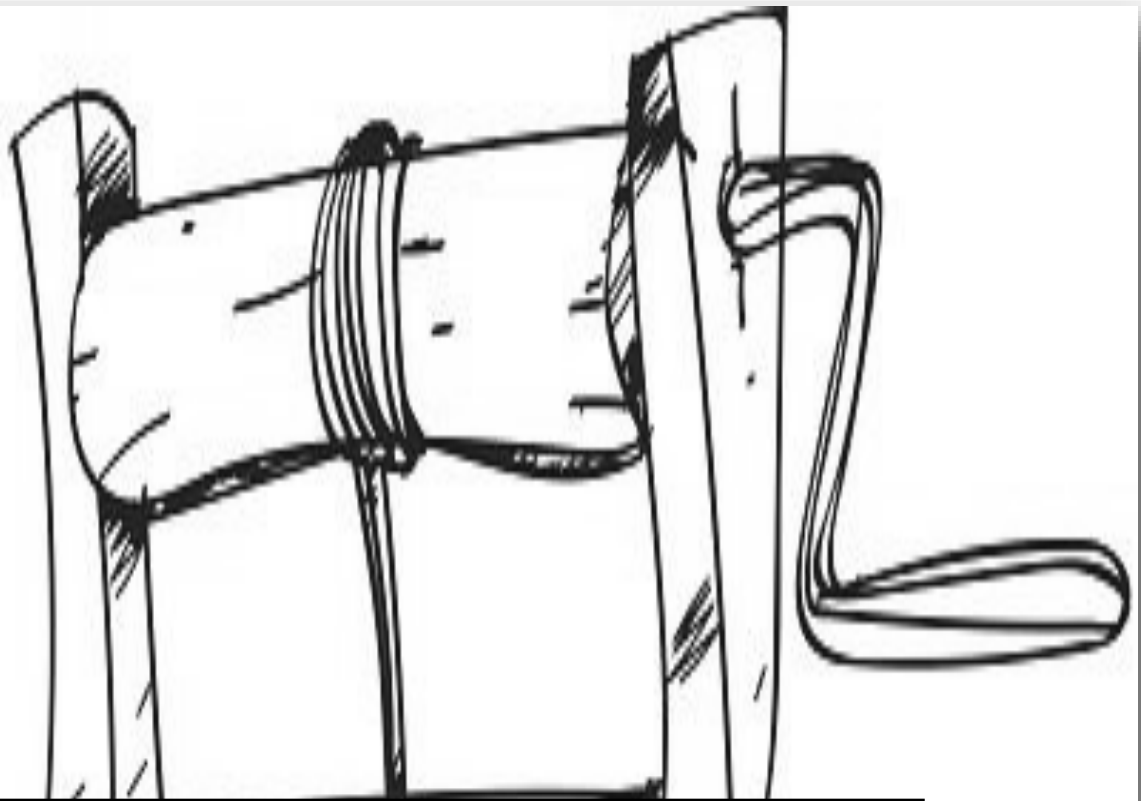
THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOAL OF THE WEEK



Behaviour and Expectations

- Set clear Boundaries— keep to around 5 golden rules
- Have a clear and agreed reward and sanction. This could be displayed in the house
- Be consistent and stick with it!
- Ensure that all the child's basic and social needs are being met— are they being hard work because they are tired, upset or hungry?
- Don't reward expected behaviour
- Keep language precise and clear— Always ask a child if they are okay and if they need any help before warning them. Then if not give a warning and only then a sanction
- Give children expectations in instructions— e.g.— We are going to get on the bus and I expect you to hold my hand and be quiet. Are you ready?
- Ask your child— what have I said? Tell me what the expectation is?
- Always focus on the positives— five positive comments to 1 negative

Our Family Agreement

Best
reward

Reward

Parent
Praise



Even better than your Best!

'BEING OUR BEST' GOLDEN RULES



Consequence steps

Step 1 Step 2 Step 3 Final step

Non-Verbal
Parent may:

- Look
- Write name
- Move closer
- Touch



Positive
Redirection–

Are you ok? Do
you need help ?

Do you
understand what
you are doing?

Now I expect you
to stop.



First Warning

You have been
spoken to and
offered help and
now you should
be _____.




Agreed
Consequence

You are now on the
final step and I have
given you three
chances. Therefore
your behaviour
means that you
will _____.

Signed and Agreed by:



School Engagement

- Read Parent App Notifications and keep updated
 - Read your child's communication book– get them into a habit of showing it you when you get home
 - Organise for your child to attend extra curricular clubs
 - Communicate with your child's class teacher through email, communication book or zoom
 - Be aware of your child's report and targets and ask advice on how you can support your child if there are specific areas that need focusing on
 - Check the class pages of the website
 - Listen to your child read– daily if possible
 - Make sure your child does their homework and support them with this
 - Look at things with your child that are related to what they are learning- visit museums, watch documentaries, read books about it
 - Ensure your children take part in school events and be interested in what they do
- 

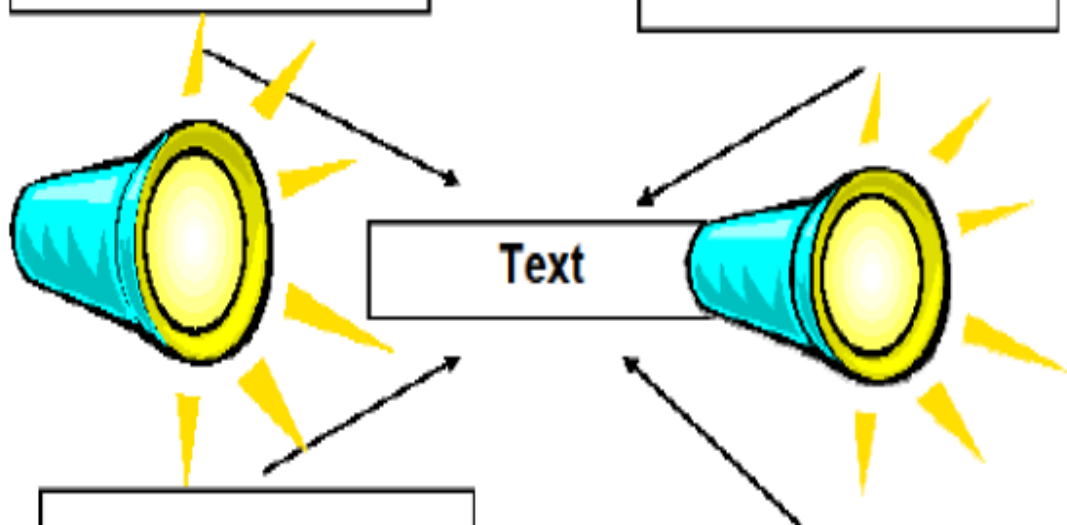
Searchlights: Reading Strategies

Phonic

- Use the initial letter to help you think of a word that makes sense
- Build the word up, then blend the phonemes together
- Look for familiar clusters, digraphs or trigraphs within the words

Grammatical Knowledge

- Rerun from the beginning of the sentence and use awareness of grammar to predict words
- Use awareness of the need for grammatical agreement
- Use the punctuation to get meaning from the text
- Look for familiar prefixes and suffixes
- Read on to the end of the sentence and look for clues



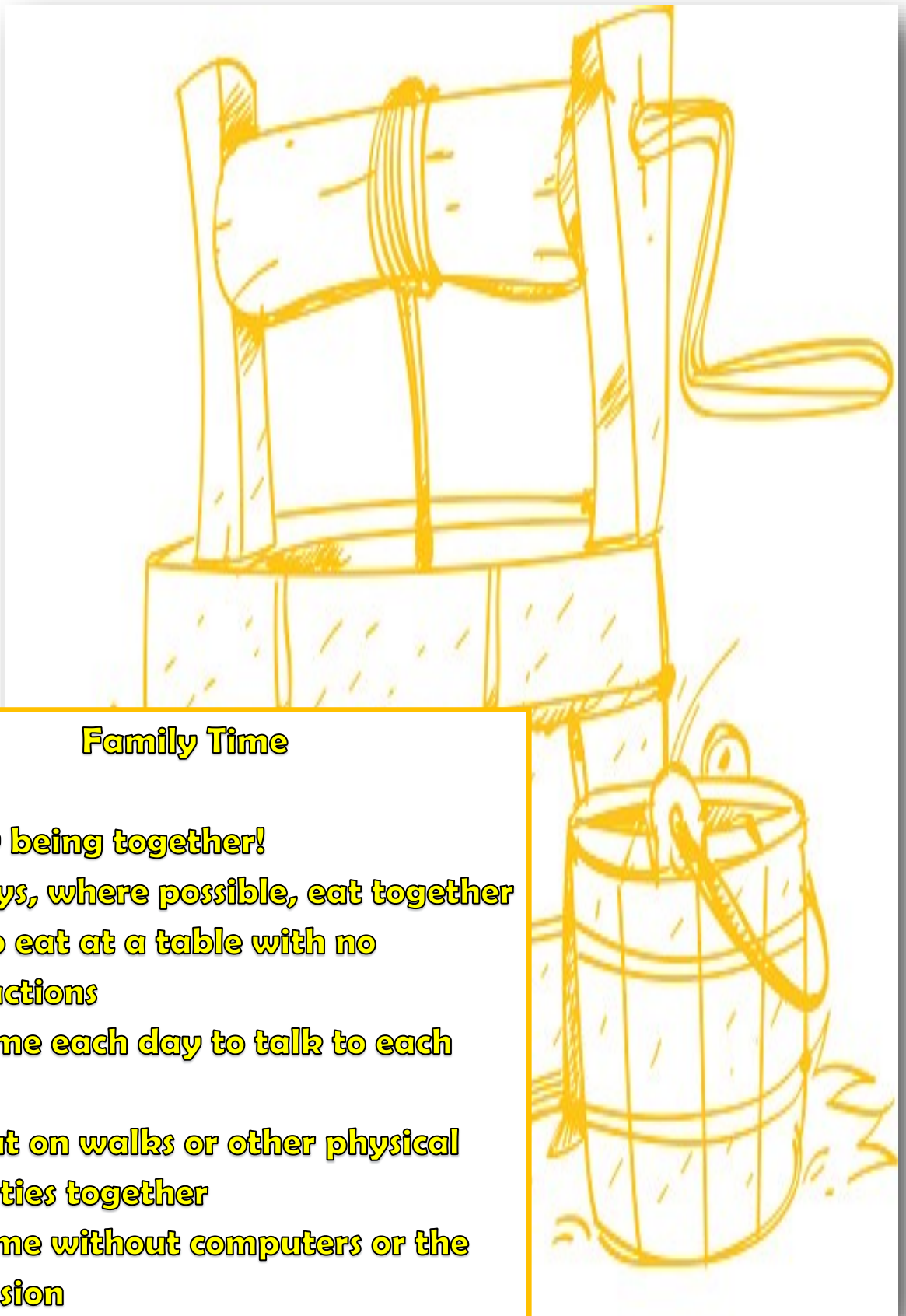
Context

- Look carefully at the pictures
- Have the confidence to make a guess, then check it makes sense
- Read the sentence aloud to check it makes sense
- Predict what the word might be from what's already happened
- Rerun from the beginning of the sentence
- Use prior knowledge of the genre to predict words/phrases
- Use any predictable patterns in the language, e.g. rhyme
- Read on to the end of the sentence and look for clues

Word Recognition and Graphic Knowledge

- Look at the shape of the word
- Look for words within words
- Read the word in 'chunks', then blend them together
- Locate high frequency or familiar words
- Use analogy with known words to solve new words
- Use letters of own name

Children should be taught how to **cross check**, i.e. use various strategies simultaneously. For example, '*Rerun the sentence from the beginning and use the initial letter of the tricky word*'.



Family Time

- **Enjoy being together!**
- **Always, where possible, eat together**
- **Try to eat at a table with no distractions**
- **Set time each day to talk to each other**
- **Go out on walks or other physical activities together**
- **Set time without computers or the television**
- **Set family targets**
- **Have family discussions**

FAMILY BUCKET LIST

Places to Explore



Helping Others



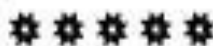
Learning New Things



Adventures

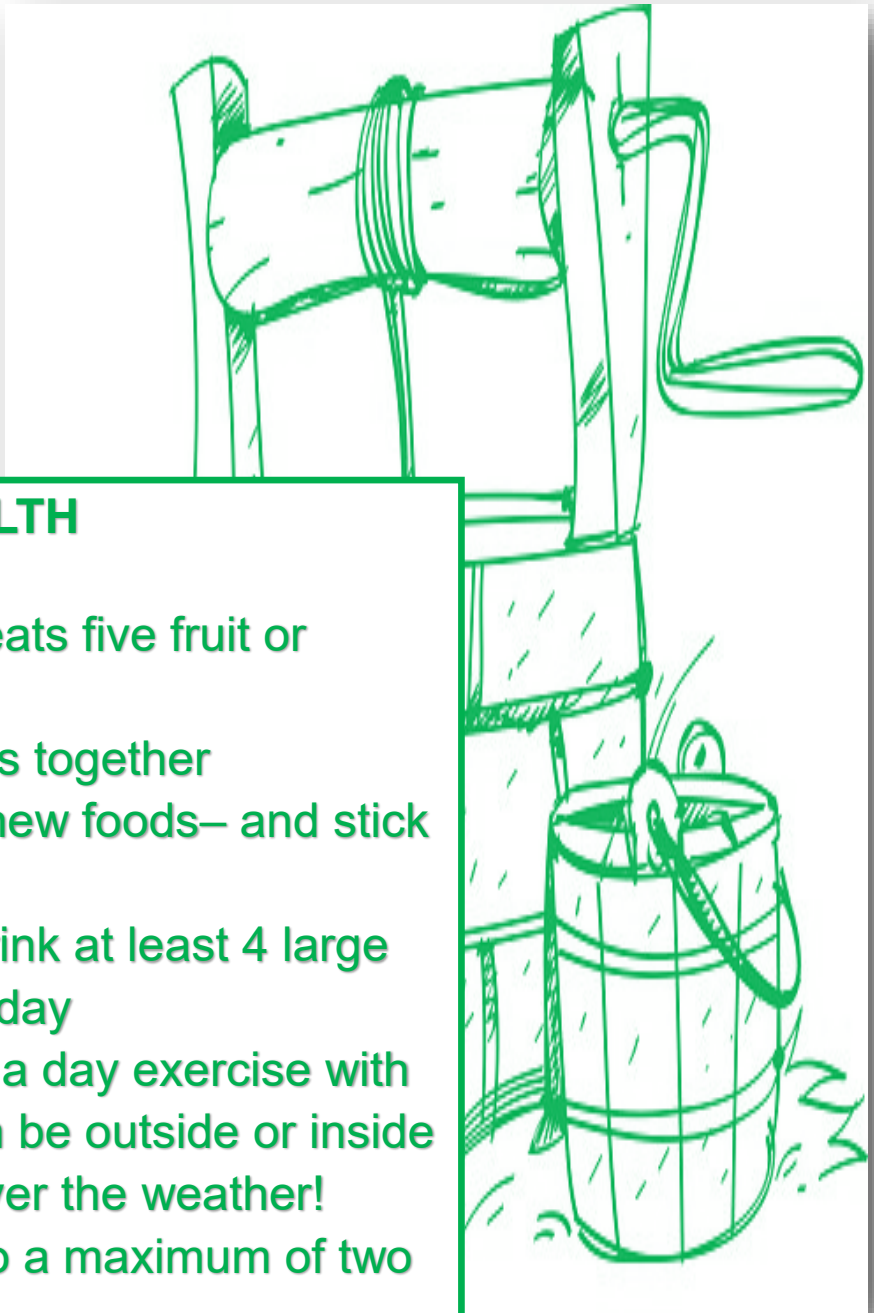


Playing & Having Fun



HEALTH

- Ensure your child eats five fruit or vegetables a day
- Cook and eat meals together
- Introduce them to new foods– and stick with it!
- Get your child to drink at least 4 large glasses of water a day
- Do twenty minutes a day exercise with your child– this can be outside or inside
- Get outside whatever the weather!
- Limit screen time to a maximum of two hours
- Have a bedtime routine and morning routine that supports your child to get 10 hours sleep
- Get your child to brush their teeth twice a day and you finish it off
- Be a role model– children are more likely to become active adults if their parents were active
- Make sure you keep up to date with medical appointments



each day for kids to stay healthy... 7 minutes to live by.

Fruits and veggies are colorful, taste great, and do good things for your body.

5 servings fruits & vegetables

Eat a rainbow every day!



4 glasses water

Choose water, low-fat milk, or 100% juice when you're thirsty instead of sugary drinks.



3 good laughs

Share a funny story or joke with a friend. Laughing and giggling adds to your happiness.



Turn off the TV and step away from the computer. Read a book, play a game, or spend time outside.

2 hours or less screen time

Don't be a couch potato!



1 hour physical activity

Jump, skip, run, dance, swim, skate... move your body 1 hour every day.



Get plenty of sleep each night to be ready for school and play!

+10 hours or more sleep



WHAT IS NEAT AND WHY IS IT IMPORTANT?

NEAT = NON-EXERCISE ACTIVITY THERMOGENESIS
AKA: ALL MOVEMENT THAT ISN'T STRUCTURED EXERCISE



WALKING YOUR DOG



PACING ON THE PHONE



CLEANING THE HOUSE



DANCING IN THE SHOWER

1 HOUR OF EXERCISE = **4% OF YOUR DAY**

NEAT = **63% OF YOUR DAY**
(IF YOU SLEEP 8 HOURS)

Increasing your NEAT will...



HELP WITH FAT LOSS



IMPROVE OVERALL HEALTH



ENHANCE YOUR MOOD

@cheatdaydesign

My Family Well Plan

Assessment: WHAT DO WE ALREADY DO	Targets: WHAT DO WE NEED TO IMPROVE	Strategies and Resources HOW CAN WE BE HELPED WITH THAT?	Evaluation of Progress including date WHAT HAVE WE ACHIEVED