



# Connect



## When “Connect” is going well

- You make time to talk
- You discuss feelings
- I understand how you are feeling.....  
I have felt like that when.....
- You make time to play together
- You listen and respond to your child giving them your full attention
- You give your child affection
- You work in partnership with your school
- You don't use your phone at drop off nor pick up to connect
- You know your child well, favourite toy, movie, game, best friend
- You ask your child questions about their day
  - What did you do today that made you feel proud?
  - What was the biggest problem today?
  - If you could change anything about today what would it be?
- You encourage your child to talk
- You are helping your child to be resilient with challenges, trauma, adversity that life brings

### Useful Links:

#### Nurturing Program

<https://www.familylinks.org.uk/>

#### Nurture UK

<https://www.nurtureuk.org/>

**Free Education Psychologist helpline  
(Tel: 01252 814 729)**

**Your GP**

## When “Connect” is not going well

- Your child may not sleep
- Your child may experience strong emotions such as anger, anxiety, worry, they may experience stress, frustration, nervousness, outburst, they won't know / understand how to deal with these emotions.
- Lack of routine
- Changing plans at last minute due to difficult emotions
- Unable to make decisions about choices
- Relying on social media or technology to build relationships
- Losing touch with health professionals or missing appointments
- Retreating back from social gatherings or events e.g. at church, community events

## Ideas

- Don't talk about any money, work or family and friend problems you may be having, when your child is around, They don't need to have these worries added on to theirs.
- Seek advice away from your child - if you are struggling, school can always point you in the right direction.
- Spend one on one time together, not just on the school run, but perhaps go for a walk just the two of you, or play a game together.