

# REMAT SEND Monthly Newsletter



March 2024

## Why is it important to build positive relationships with children?

Positive and meaningful relationships with our children are important because they can: contribute to children's resilience, promote physical, mental and emotional well-being, and support positive outcomes.

### Useful Websites to Support

The [Family Links parents download page](#) has a range of useful information that can support your parenting.

[Family Lives](#) provides advice and support with video clips of parenting advice for a range of topics and age groups.

The NHS also has guidance on what to do if you are worried about your child's emotional and mental health. [When to use CAMHS](#)

The [NSPCC](#) has information about good boundaries around IT and internet use that can be hard to set.

The [Family Lives Parent Website](#) has more information on positive behaviour management.



## Top tips on building positive relationships with your children.

Hold in mind how important they are to you and you to them.

Remind yourself, and your child, of their strengths and qualities, let them know you believe in them.

Show your child you are interested in what they have to say, their words and feelings are important. Everything is important to your child at this age -If you don't listen to the little things now – they won't tell you the big things later.

Role model the behaviour you want to see from your child.

Spend some regular one to one time with your child, even 20 minutes per day can make a big difference to children's behaviour, they feel valued, important and special.

When things don't go according to plan, and boundaries are stretched, routines are resented and emotions are running high....remember this is normal....believe in your ability to be a good parent, and acknowledge that maybe things didn't go too well today and start over, we are all just human.

### Upcoming Newsletters

<u>Month</u>	<u>Topic</u>
April	Moderate Learning Difficulties
May	Dyslexia
June	Mental health
July	Transition



*If you have any concerns or questions, you can make an appointment to speak with your child's class teacher or the school SENDCo Mrs Kinnear or Mrs Keenan Pastoral Manager.  
Please contact the school office to make an appointment.*

