

# JANUARY WELLBEING NEWSLETTER



## TIPS FOR A SMOOTH SCHOOL

- Keep the bed time routine even as your child gets older.
- Discuss as a family what would make your morning routine better.
- Explain the consequences.
- Try to do what you can the night before.

## TEN THINGS I WILL SAY TO MY CHILD

- I absolutely love being your parent and taking care of you.
- It's okay to make mistakes as it's all part of growing up.
- You are special, unique and a big part of our family.
- I am proud of you.
- I am always here for you no matter what.



## TOP TIPS TO GETTING A GOOD SLEEP

- Try to feel really tired before you go to bed. The longer you spend awake in bed, the less easy it is to fall asleep.
- Try not to use your phone or computer just before going to bed. This can stimulate and 'wake up' your brain.
- Sometimes a warm bath can really relax your body and mind before going to bed.



## ACTIVITIES TOOK PLACE LAST WEEK

- Crazy Hair ( KG & Elementary).
- AMPS Shark tank.
- Sustainability at Al Mamzar beach.
- Friendly football game against Shaikh Rashid Maktoum Pakistani school.

# TOP TIPS CHALLENGING BEHAVIOUR AT HOME



## TOGETHER TIME

One of the most important things you can do to help promote good behaviour at home is to spend some one-to-one time with your child. This should be done daily if possible, or as often as you can. Making time for your child has so many benefits, including developing their connection to you, their feeling of self-esteem and their ability to regulate their behaviour. Any activity that your child enjoys is fine - the important thing is that you are engaged in that activity with your child, giving your full focus (for example, if watching a film with your child, don't scroll on your phone or work on a laptop - you should be full engaged in that activity with your child). Remember, if a child doesn't get your attention positively, they may resort to negative behaviour to get your attention.