

Your Early Help Team

A newsletter for professionals and families

News, Information, Contacts

Sharing useful information for families and those who are supporting families. If you have a question, get in touch!

Lets Start with some simple mindful breathing

Stop what your doing and let's take a moment to relax and tune in to our beautiful surroundings and bring ourselves to the present moment. Take a minute to take a few deep breaths. Breathe in for 4 seconds, hold it for 4 seconds, breathe out for 4 seconds then hold for 4 seconds and repeat this for a few cycles. This is known as box breathing and can be a really useful technique for both adults and children to provide a moment of calm.

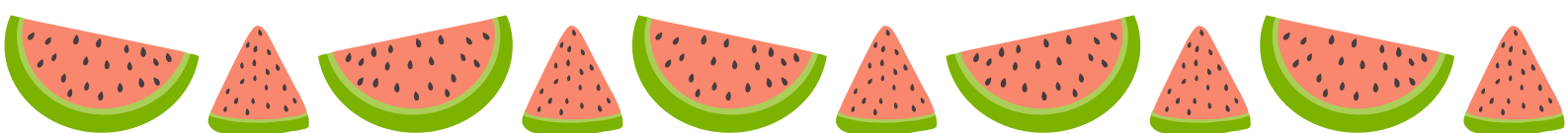
Look for the joy in the little things

Now take a look around and value the moments you might take for granted. What are some things around you that have brought you joy? or made your family happy recently? Whether it was your hot aromatic morning coffee, your child sitting quietly for 2 minutes making a colouring masterpiece - providing you with a few minutes to yourself or you've managed to tick something off your to do list for the day - Sit with it and appreciate those little moments a little more. Its often in the hustle and bustle of daily life we forget to show appreciation for those moments, This summer holidays look for the joy in the little things.

Looking for Holiday activities?



If your looking for things to do with your children over the summer holidays look no further than the Family Information Service -Powys Facebook page, we will be sharing lots of posts about activities throughout Powys as soon as we hear about them. Or if you want to keep them occupied at home follow our Pinterest collection for ideas www.pinterest.co.uk/fispowys/activities-for-children/



Support with starting school

With the summer holidays coming up it's a great time to start practicing the skills your children will need when they're in school.

Start practicing

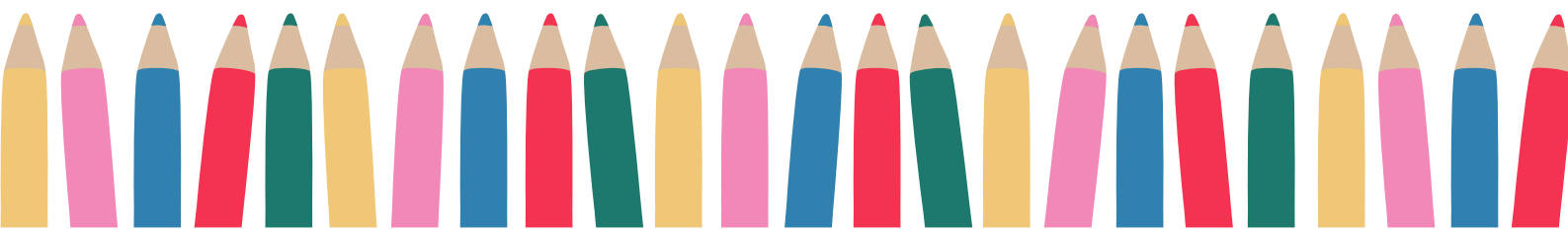
Encourage independence by getting dressed independently, finding their coat and shoes and putting them on independently. Speak to them about toileting skills, practicing how to clean up properly after using the toilet and talking about the importance of washing hands. Encourage the correct use of a knife and fork at mealtimes, playing games around recognising their own name or the initial letter in their name. A fun game you can play is spotting the initial letter of their name on number plates, houses and signs on walks in your neighbourhood. Its also important to help them develop their communication skills so that they can communicate their needs during school times. you can help with this by narrating everything you and they are doing and labelling yours/ their needs. i.e. 'I need a drink, I'm thirsty'. 'You needed the toilet, well done for telling me, in school we can put up our hand and ask to go to the toilet'.

Let's Play

Pre-schoolers develop talking and language skills through play. Play ideas to develop preschooler talking include chatting together, reciting nursery rhymes, reading and telling stories, and playing rhyming games. Another important skill is turn taking, you can practice this at home by playing games which involve taking turns. You can help them to develop their fine motor skill by doing lots of messy play, whilst asking prompting questions like "Can you roll a small worm with the play dough? Can you thread some beads? and can you build a tower using blocks?". You can help develop their gross motor skill by getting outdoors and practicing running, jumping, skipping, asking them questions like 'what else can you do?' will also help them build confidence.

Developing Social and emotional skills

One of the main skills for academic success at school is our children's social and emotional skills. We can help build our children's social and emotional language through play, small world , role play, dens etc. Looking at books around emotions and feelings such as Topsy & Tim Start School, A little Bit Brave or Dyma Sam



Borrow a balance bike

Did you know some libraries in Powys have balance bikes that your children can borrow for free? The bikes, which include a helmet, are suitable for children from 2-6 years old and are available to loan for 4-weeks at a time from the following libraries:

- Brecon
- Builth Wells
- Hay-on-Wye
- Knighton
- Llandrindod Wells
- Llanfyllin
- Llanidloes
- Newtown
- Welshpool
- Ystradgynlais

The initiative is available thanks to funding from the Welsh Government, through Sport Wales.



Dates for the Diary

The Royal Welsh Agricultural Show

The Family Information Service and the Early Help team are joining forces with Sport Powys at the Royal Welsh Agricultural Show at the Sporting Village this year. There will be soft play, colouring in and activities as well as plenty of information and signposting from our amazing team. If you have any questions about the childcare offer, applying for school, or have any parenting queries pop along and see us!



National Play day

Wednesday 2nd August is National Play Day, The Family Information Service will be attending various events during this week. Keep an eye on our Facebook page for further details of the events!



Parent Talk

The Parent Talk website provides information and support for parents of children aged 0-19 years on Mental Health and Wellbeing

Behaviour

Stages and Development

Additional needs and Disabilities

Education

Parenting and relationships

Sleep

Nutrition and healthy eating

It also has home activities for children to have fun, improve sleep and understand their mental health.

Scan the QR code to visit their website or search 'action for children parent talk' in a search engine



Parent Talk

Down-to-earth parenting advice you can trust.

Get your family moving!

During the holidays children seem to have tons of energy and we can have a hard time keeping up! Here are some fun ways you can get your children moving this summer holiday and using up some of that energy.



Why not try some activities on Youtube such as Cosmic Kids Yoga, Music, dancing and movement with Danny Go or PE with Jo Wicks.



Make yourself a home obstacle course, using sofa cushions, blankets and toys.



Have a disco night, put on your best dresses and shirts and dance the night away to your favourite songs.

Go on a family bike ride (balance bikes are available to hire see above)



Visit a local park



Useful Contacts

Powys Family Information Service

fis@powys.gov.uk

01875 612 419

www.powys.gov.uk/fis

@FISPOWYS on Instagram, Facebook and Pinterest

Powys Childrens Social Services /Front Door

For concerns about the welfare of a child

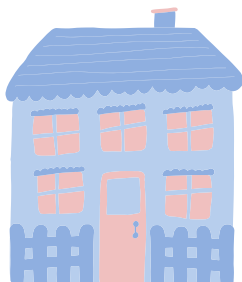
01597 827 666

(Out of hours) 0845 0544 847

Housing in Powys

Emergency repairs, Homelessness and general housing enquiries

01597 827464



Citizens advice offers free

confidential advice online, on the phone or in person on a whole host of topics from benefits to housing

0345 6018421 Mon-Thurs 9am -3pm

www.citizensadvice.org.uk/wales



Childline help for children and

young people under 19 years with emotional support and advice

0800 11111

www.childline.org.uk



If you need help to get into work get in touch with **Communities for work**+Powys, who can provide 1:1 mentoring to help develop the skills you need. Visit their website en.powys.gov.uk/CFW



Foodbanks:

Welshpool: 01938 536 379

Llanidloes: 08458 457 555

Machynlleth : 07983 715 162

Newtown: 01686 610 340

Rhayader: 01597 810 921

Llandrindod: 07519 839 189

Brecon: 01874 611 723

Knighton and East Radnor: 07731 524 058

Ystradgynlais/ Ystalyfera : 07923 986 379

Ystradgynlais: 01639 845 475

Newtown, Brecon and Builth Wells : 07955 518 669

Credu

Support for carers and their families

01597 823 800



Contact Cymru

for Families with disabled children

08008 083 555



Live Fear Free

24/7 Domestic Violence Support Helpline

08088 010 800

gov.wales/live-fear-free



Montgomeryshire Family Crisis Centre

Supporting men, women & children experiencing or affected by domestic abuse in North Powys

01686 629114

www.familycrisis.co.uk



Stepchange

helping people with debt problems take back control of their finances and their lives.

0800 138 1111



Gwasanaethau Gwybodaeth i Deuluoedd
Powys
Family Information Services



Mental Health

If you need to talk to someone - or you're concerned about a loved one - call 111 and select option 2 to speak to a dedicated member of the NHS mental health team.

C.A.L.L. Mental Health Helpline for Wales

Community Advice and Listening
line 0800 123 737

or visit their website to find support services in your area by using their agency search.
callhelpline.org.uk



Mind

020 8215 2243

www.mind.org.uk/about-us/contact-us



Samaritans

116 123 or a chat function via the website
www.samaritans.org/how-we-can-help/contact-samaritan

Young Minds

Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help, text YM to 85258.



CALM (Campaign Against Living Miserably)

(5pm-midnight,
365 days a year)
0800 58 58 58

www.thecalmzone.net



MEIC

Information, advice and advocacy helpline for children and young people Text 84001



EMERGENCIES

999

NON URGENT

101

Parenting Support

Early Help

The Early Help Team family support workers and practitioners can help with a range of worries and support needs for parents, carers, children and young people. To find out more about what The Early Help team offer visit en.powys.gov.uk/earlyhelp or watch the video by scanning the QR code below;
earlyhelp@powys.gov.uk
01597 826 246



Would you like to expand your toolkit with some strategies to help with your parenting? visit

en.powys.gov.uk/article/10882/Parenting-Support to find out more about our amazing FREE courses.



Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.

If your family need further support reach out via their website.

www.home-start.org.uk

Useful websites for parenting advice and support

www.gov.wales/parenting-give-it-time

parents.actionforchildren.org.uk

