

## Mrs Dowdell's Parenting Pointers

### New Beginnings

Welcome back! How are you? Whatever your summer has been like, September is a good time to make a fresh start. It's so easy for us to fall into unhelpful habits and returning to school routines is a great opportunity to reassess and readjust. Here are some thoughts on how to have a great start to the year ...



Firstly, be positive, positive, positive! Whether we like it or not, our attitudes and behaviour have a huge impact on our children. If we speak positively about returning to school and have high expectations for our children, we are setting them up to succeed. What have they enjoyed most about their first few days back? What do they like most about their new teacher? What are they looking forward to most this term?

Secondly, remember that what happens at home has a huge impact on our children's ability to learn. Perhaps it's a good time to take stock of how things are going. Is everyone getting enough sleep? Are we making sure that we are eating healthy family meals? Do we have good morning routines in place that ensure everyone gets to where they need to be on time? Do we have firm boundaries in place to manage time on technology? Are we finding time to support our children by listening to them read and helping them with homework? Are we making sure we have fun together as a family?

Thirdly, sometimes stuff happens and no matter how positive we try to be, problems still come up. We may be very aware of the need for good routines at home but for whatever reason, every morning feels like a battlefield. There may be things going on in our families that make life really difficult. Please don't feel that you are on your own. Our school motto is "Working together" and we know that when parents, children and staff work as a team, everybody benefits. If there are things that you are worried about, please let us know, so that we can make sure we are supporting you and your children as well as possible.



There is an African proverb that says, "it takes a village to raise a child". We may not be living in a village but Foundry Lane is a great community where we care about your children and we also care about you. How can I help? My role in school is to support families. I can make appointments to chat through whatever may be of concern, so that we can come up with solutions together, or I can signpost to other agencies that may be able to help. Later in the term, I will begin to run some courses so we can learn how to parent even better. So, it's a new academic year and an opportunity for a fresh start. Let's be really positive but let's be really realistic too. Let's work together as a team to support and nurture our children.

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