

Grange Primary School



Safeguarding Newsletter

Summer 1 2024 – Issue 5

Dear Parents/Carers,

Welcome to the 5th edition of our newsletter, to provide you with safeguarding news and help you stay up to date with essential information to assist you in keeping your child safe, both physically and emotionally.

For our 5th issue, we will be focussing on tips/advice and where you can get support with your child's behaviour.

Please remember, if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to any member of staff or a member of our school's safeguarding team, details of which are available from the school office or via our school website.

Behaviour Top Tips

- If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead.
- Be available and make time for your child, so they will come to you when they feel something is wrong or they are upset.
- Keep talking and listening to your child even if at times it feels like a challenge. Start listening from a very early age and set a pattern for life – communication is key!
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12-year-old as you would from your four-year-old.
- Get support from friends and try any good ideas they have found helpful, with their child/children.
- If you are struggling and feel things are getting out of hand, get advice from your GP, a health visitor, or please come into school and speak to a member of the Safeguarding Team.

Only you know what works for your child but here are some helpful points to think about.

- Praise children whenever possible.
- Reward positive behaviour and consider asking what would be a good reward.
- Avoid making rash decisions when you're angry.
- Talk to your child about the rewards and consequences of their behaviour, and do it before rather than after.
- Take time to really listen to what your child/children are saying and explain to them what you are feeling.
- Be a role model and try not to do things that you wouldn't want your children to do.

Is smacking a good idea?

Ideas on bringing up children have changed, and we now know a lot more about the effects of smacking.

Smacking can hurt children's feelings – making them resentful and angry, and damaging the relationship between parent and child. This makes parenting and discipline harder in the long run, not easier. Smacking can get out of control. This also comes back to being a role model. If you smack your child, they may think this is acceptable behaviour and treat other people in the same way. Finding the right balance of rewards and discipline is a key part of positive parenting. Children may avoid being smacked by lying or hiding how they feel, which in turn may make them become withdrawn.



Other alternatives are the better option.

Things that can affect your child's behaviour

- **Life changes** – any change in a child's life can be difficult for them. This could be the birth of a new baby, moving house, a change of childminder, starting playgroup or something much smaller.
- **You're having a difficult time** – children are quick to notice if you're feeling upset or there are problems in the family. They may behave badly when you feel least able to cope. If you're having problems do not blame yourself, but do not blame your child either if they react with difficult behaviour.
- **How you've handled difficult behaviour before** – sometimes your child may react in a particular way because of how you've handled a problem in the past. For example, if you've given your child sweets to keep them quiet at the shops, they may expect sweets every time you go there.
- **Needing attention** – your child might see a tantrum as a way of getting attention, even if it's bad attention. They may wake up at night because they want a cuddle or some company. Try to give them more attention when they're behaving well and less when they're being difficult.

Please remember that there is always a reason behind poor behaviour.



Please seek help/support if needed.