



STRONGER PARENT & CHILD RELATIONSHIPS

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Windmills of the Minds – Parent/Child tools

Contact me

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Windmills of the Minds- Adult and Family Services in Doncaster, surrounding areas and international.

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Activities to engage a child to focus and remain still- interactive games

1. Play musical statues, make it fun to see how long they can stay still
2. Puzzles- if they are reluctant, see who can do the puzzle the fastest
3. Drawing/colouring- join in and talk about colours- let your child be free to draw what they want or they will lose interest.
4. Board games helps to take turns, also to count, read and much more- short games are best to start off with, remain patient with a child who finds it hard to finish a game.
5. Chores are good for children to help with and can be fun- there is evidence to say that music helps to organise time and space, helping the brain and the memory- sing a song or play tunes while you do these tasks
6. Stories- make the child part of the story-asking what would you do? How would you feel? Share your thoughts and show them you are enjoying the book too
7. Say it out loud, self- coaching is a way to help your child talk through what they are doing-for e.g. I am building a tower block, one, two, three, oh its fallen. You can help them by doing this yourself when cooking, brushing teeth, getting dressed.

Attachment/ bonding exercises for parent and child

Copy cat/ mirror the child-

Start with a clapping game- the child claps – parent copies- child claps more, louder, quieter

This can be done with facial expressions or more physical activities.

Simon says.

Ask a child what colour your eyes are- can he see any other colours, what else do they notice about your eyes?



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Massage a child's hands or feet with lotion to increase the closeness and reduce tension- maybe they will do yours too - this can be done for any age

Straight face challenge- child has to keep a straight face while you make them laugh

What's on the face exercise- point out what parts we have on our face, touching them. Talking about how each part works.

Generally, hugging, pat on the back, ruffle of the hair, holding hands, playing together will create a close bond.

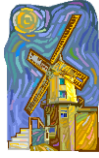
What are some of the important factors about creating safe, loving attachments?

Strong attachments provide a safe, secure base for children to go to when needed and feel secure in leaving the base which is you the parent, feeling assured that you will be there if needed.

Children will learn to trust you, trust is essential for healthy, stronger relationships, they will safe to come to you when they are upset, talk to you about their feelings and respect what you say.

Never reject a child by saying I don't love you, or like you.

Say I love you, but I don't like your behaviour, what you are doing is not ok or hurtful etc.



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Talking about your own feelings will help your child talk about theirs and learn to recognise emotions. Make some feeling cards.

Spending a few times a day, rather than long periods, for at least ten minutes with your child doing one of the activities above, this will increase the closeness and feel happier, we all want to feel happier right?

Be clear on the time you have to spend with your child on the onset of the activity, use a clock timer if need be, when you stop your child needs to find an activity to do on their own. Be firm with this.

Remember to praise a child for playing well on their own and listening to instructions you give. For e.g well done for listening to me.

Eventually this will pay off, children won't be as demanding for attention, and they will learn that sometimes we need to wait for attention. Put the hard work in now and you will start to see the rewards.

Practising these activities will encourage kindness, how to treat others, how to take turns and develop trusting relationships.

If you are struggling to be able to feel close to your child, this may be for many reasons such as your own upbringing. The way you are feeling. You may feel low, stressed or not sure how to express your emotions.

There may have been some difficulty around the pregnancy or the birth of your child, sometimes this affects your relationship with your child.



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This doesn't make you a bad parent. Whatever the reasons you are struggling, you can get support for these to help you work through your own emotions and blockages to parenting.

I provide services to families and their children to help them to build stronger relationships. My role is not to judge you, but to support families to be able to find ways forward. Most parents struggle at some point in bringing up children. The role can be frustrating and sometimes incredibly draining when children are demanding and controlling.

Leaving problems behaviours for too long, saying it is only a phase, will lead to bigger problems and much harder ones to tackle when a child is in their teens. Seeking support early will prevent long term stress.

Please contact me to find out more. I work face to face, additionally to online via skype, which is available internationally.

Fees are at rates to suit different financial abilities and depending on the type of work, the length of work, prices range between £25- £65 pounds

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