

PARENT PACK



a few thoughts

Introduction

Every child is special and unique with her/his individual needs.

This pack contains some ideas that may enhance your relationship with your child. This in turn will enable you to help your child fulfil his/her potential and cope with any learning or behavioural difficulty they might experience at any time in their school career.

The Parent Pack combines traditional and complementary approaches to parenting

It is designed to give you a broad overview of ideas that have helped other parents.

Choose any one approach or a combination, try them out when you feel comfortable.

The pack contains 8 cards and a recording.

The techniques are not in any particular order, and can be used together or separately according to the skills with which you feel most comfortable and the time you have available.

Whichever option you choose should be practised for at least a month, by which time you will begin to notice a difference.

A bibliography is provided for those who are interested in the theory behind the ideas and wish to look into any of them more deeply.

No advice can be substituted for a good, caring and knowledgeable physician. This pack is designed as an introduction to some areas of complementary medicine. It will provide you with some basic knowledge and enable you to use ideas for simple first aid treatment.



Rules

Should we have them? YES!!

CHILDREN NEED:

- Love: to develop their full potential
- Respect: they have their own thoughts
- Care: food, water, shelter
- Security: safe limits and boundaries appropriate to their age
- Attention: listen to them, praise them for effort
- Time: with you to share food, laughter, and play

RULES:

1. Discuss them with your children and give reasons.
2. Make sure they understand what you mean (role play with humour).
3. Discuss rewards. Be fulsome with hugs and praise. Avoid sweets.
4. Discuss consequences. Two warnings in a quiet voice are sufficient.
ALWAYS consistently carry out agreed consequence. Eye contact is essential.
5. It's O.K. to say "No". No means NO, it is not the beginning of a negotiation
6. Use only positive words. Catch them being good and praise. Never use sarcasm, tease or name call, even in fun.
7. Tell them that it is their behaviour that is not acceptable, not them. Never say you don't love or like your child, only their behaviour.
8. Look after yourself. Parenthood is the most difficult and precious work that any of us can do, it is also extremely stressful.
9. Do not be afraid to ask for help - it's O.K. -we all need help now and again!



Communication

- Communication is happening at all times with your children, even in the womb, both verbal and non-verbal (80%).
- How you are feeling, your experiences, what you are eating and drinking will subtly effect your baby when its immune system is most sensitive.
- Sing and talk to your baby.
- Tell your baby stories and nursery rhymes.
- Describe the sky and trees, seasons, animals - fill your child with joy and hope!
- Tell your baby how much you want it and are looking forward to welcoming and watching it becoming all the wonderful things it may be.
- Give a running commentary of the everyday things you are doing in the here and now.
- Make a scrap-book/photo-album of the story of the baby before it was born and up to now to give a feeling of past and future - that change is a natural part of life.
- Dance together, clap out rhythms and listen to all kinds of music. Music can also be used to soothe a child, for instance baroque.
- Read with your child and chat about anything and everything to increase its vocabulary.
- Play with and enjoy your child, crawl, roll, laugh, tumble about.
- You are the most important person in your childs life - give at least 10 minutes a day special time with you. TV is no substitute for you as a baby-sitter or entertainer. Children have loads of energy and it needs using otherwise they direct it in less useful ways!
- Teach them to say nice things about themselves before sleep affirmations and positive self-talk are very real tools to help them through life.
- Praise, encourage and support.



Exercise

The body and mind are closely inter-linked. Your posture effects your feelings and vice versa. For example, if you were going to run a race you would not lie down at the starting line to have a little rest. You would be standing ready in the start position concentrating your thoughts on your goal. The body has a state of readiness for learning too.

All children, unless they are unwell, need exercise in one form or another.

Take them for a walk everyday, teach them to swim. Trampolining is good to release lots of energy. Some children do not seem to have a sense of danger - take them to your local centre and teach them on the climbing wall. All these things will teach your child discipline, concentration and an ability to follow instructions - useful things for children to have in school.

Here are some very simple exercises that will get your whole body into a state for learning.

Do exercises 1 and 3 from the breathing card.

Toxin release: Starting by wriggling your toes, work up the body circling all your joints slowly 3 times in each direction.

Start by marching on the spot, lightly then heavily. Next do cross lateral marching touching each knee with the opposite hand. Now try it using the same hand with foot - like a puppet. Now do cross-crawl again. Find some space to hop, skip and jump!

Practice crawling with your child, then slithering like a snake across the floor. All of these movements will help your child to learn!!!

It's also a good excuse to play together and release some energy positively!! Have fun!!

Look up to the ceiling and imagine you are drawing a butterfly with your nose, making sure you start at the bottom and go up and round each of the wings.



Exercise (cont)



March on the spot,
lightly then heavily.

Do cross lateral
marching, touching
each knee with the
opposite hand.

Now try it using
the same hand with
foot - like a puppet.



Look up to the ceiling
and imagine you are
drawing a butterfly
with your nose...



Massage

- Touch is the most important form of communication
- It should be started whilst talking to your baby as it is growing in the womb, massage your stomach.
- After your baby is born massage it each day, whilst singing, talking, telling stories and nursery rhymes.
- There are various points on the body that help children relax:

1. Cradle the back of the head in one hand and the forehead in the other for a minute.
2. Hold the head on both sides behind the ears and let the fingers massage the base of the scalp and the back of the neck.
3. Stroke the child's back starting with the head, with long rhythmical movements.
4. Reflexology is a form of treatment based on the idea that different parts of the feet and hands represent different parts of the body. It can be used for diagnosis, treatment or just simply for relaxation.

It is not recommended during pregnancy.

Rub the child's feet or hands, with gentle but firm circling movements, between the toes and up and down the foot. Pay special attention to the line on the inside of the foot, you can rub this lightly for about 10 minutes per day. It is often good to let your child rub your feet to help you relax and build up a time of sharing. Hands can be massaged in a similar way to feet, gently or firmly, if preferred.

You can use talc, cream or oil. Hold the foot and squeeze gently but firmly, then use your thumb in a caterpillar movement and work across the whole foot, top and bottom as well as the toes. If any part is a little tender then give that area an extra rub.

Have regular massage yourself - you are worth it!!!

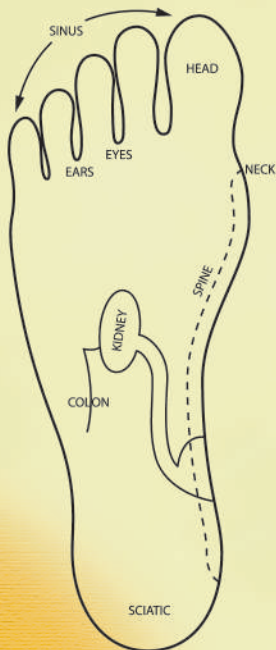
Any kind of massage brings benefits to both parties.

Try and make a special time and place even if you only have a few minutes to spare and you will soon notice the change.

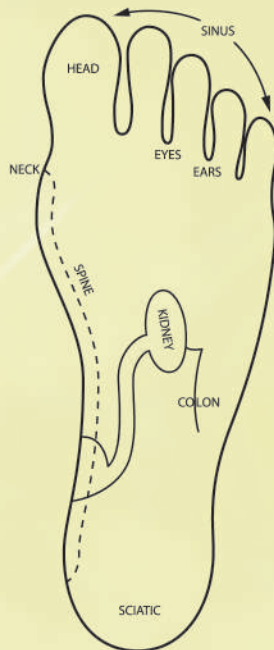
N.B. Always use a carrier oil with Lavender for relaxation, and Tea-tree for antiseptic.



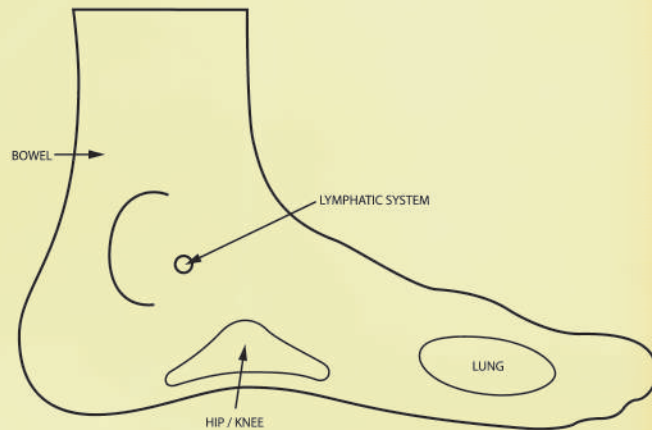
Massage (cont)



RIGHT



LEFT



Relaxation

Learning how to relax is very important as relaxation allows the body to rest and heal itself both physically and psychologically.

Tension and relaxation cannot exist together - try tensing your fist and relaxing it at the same time? Problems arise when you hold on to tension long after the need has gone - for example have you ever found yourself frowning, clenching your fist or teeth and not even realised you were doing it?

Take the time to listen to what your body is saying. Becoming aware of your own particular tension collecting spots (trigger points), is the first step on the road to feeling better about everything in your life. Your body actually releases its own natural chemicals into your bloodstream that reduce pain and anxiety.

Always begin your relaxation exercises with 7 deep breathing exercises.

Listen to the recording each day for a month. You will be surprised at how quickly you can practice your skills as you go through the day.

One track is for you and the other is for your child, listen to them both before giving it to your child, maybe listen together the first time. Both tracks provide a simple relaxation audio and story designed to help you enjoy positive parenting.

'Inside Places' describes a beautiful garden and an old tree. Many creatures live in the tree and particularly a beautiful bird. This bird lays an egg and has a little chick, which it looks after and teaches to fly. Parents have reported a decrease in anxiety and with better sleep have had more energy to deal with their family and enjoy being a parent again!

'Space Journey' takes the listener on a journey through space to the most distant planet in the universe. It is designed to boost self-esteem and confidence and release tension without being specific. Parents have reported that their children sleep better, stop having nightmares and in some cases stop bed-wetting.

WARNING: Do not listen to this recording whilst driving or operating machinery.



Breathing

Breathing is a good indicator of your anxiety state. Learning how to breathe properly will help you feel better and take more control of your life.

Stand up against a wall, with your heels, shoulders and head touching the wall. This will help you with your general posture. Step away from the wall and see how this compares with your normal stance.



1. Stand with your feet under your hips, toes pointing forward. Let your spine become erect and your head balance on top. Feel your body balancing and becoming symmetrical. Feel your weight evenly distributed on either foot by becoming aware of the soles of your feet.
2. Let your fingers rest on your stomach, fingertips touching. Imagine you have swallowed a balloon. Breathe out and pull your stomach in, pushing all the air out. Now breathe in and expand your stomach, breathe out and push all the breath out. Inhale to the count of 4 heartbeats, exhale to 6. Do this 7 times in the morning and whenever you have time during the day.
3. Do this breath very carefully. Clasp your hands behind your back. Take a deep breath in, breathe out as you push your hands down and let your head fall back. Now breathe in, as you breathe out bend forward till your spine is parallel with the floor, arms are still up. Breathe in again, breathe out as you come up.
4. Take a deep breath and hum as you breathe out. Time yourself and see if you can increase the length of the hum. Do this with your child as a game.
5. Place your hand on the child's stomach and breathe with your child, trying to get them to take longer breaths with you. You can make a game of this or do it quietly when you are reading to your child or giving them a cuddle.

If you feel in any pain or discomfort, more than you would feel with gentle stretch, stop and check with your Doctor before you continue.



Diet

Many people now think that what we eat can affect both learning and behaviour. The increasing cocktail of chemicals in our food, processing and high amounts of salt and sugar, together with the poor quality of nutrients in our soil through intensive farming methods, leads to less nutritional content in our food. We do not understand completely why it effects some people more so than others, however there has often been a problem either:

1. In the family
2. During pregnancy
3. At birth
4. Separation from mother at an early age

Allergy: brings an immediate effect e.g. rash, swelling, vomiting etc.

Sensitivity: has more gradual long term effects, causing toxins to build up in the system and bring symptoms of tiredness, aching, learning difficulties etc.

The main clue to sensitivity is a 'craving' usually the thing you have most often, possibly the thing you like best.

Here is a list of some of the most common foods that can cause sensitivities.

1. Dairy products
2. Sugar
3. Wheat
4. Colourings in sweets, drinks, cakes and lots of convenience foods
5. Artificial flavouring
6. Sweet, fizzy drinks, especially with "diet" written on the label



Diet (cont)

Is your child having any of these symptoms?

- | | | | |
|---------------|-----------------------|---------------------------------------|-----------------------------|
| 1. Asthma | 2. Eczema | 3. Recurring ear or throat infections | 4. Conjunctivitis |
| 5. Clumsiness | 6. Poor co-ordination | 7. Gasping/yawning | 8. Tiredness/hyper-activity |

EMOTIONAL

1. Impulsivity
2. Aggression
3. Destructive behaviours
4. Violence
5. Quick Temper
6. Excessive giggling
7. Mood swings
8. Withdrawn

MENTAL

1. Lack of concentration
2. Inability to follow instructions
3. Day dreaming
4. Forgetfulness
5. Learning disorders



WHAT CAN YOU DO?

Observe your child's eating and drinking habits for a week and keep a diary of mood changes. Watch to see if a pattern emerges.

1. Cut down slowly on the suspected food.
2. Eat fresh or dried fruit.
3. Drink plenty of bottled water.
4. Cook food as little as possible.
5. Eat fresh vegetables raw
6. Cut down sugar gradually and change to raw cane.
7. Eat breakfast.
8. Eat regularly.
9. Use fresh fruit.
10. Cut down tea and coffee.

A SMOKE FREE ENVIRONMENT IS HEALTHIEST FOR YOUR CHILDREN
Warning: Never put your child on severe diets without seeking professional help.



Natural Remedies

Here are a few natural remedies that you may like to try. They are not intended to replace medical treatment but simply to complement your doctors advice.

Homeopathy

The principle of homeopathy that "like cures like" has been known for thousands of years. It is completely safe, working not only on physical symptoms, but also on how you are feeling and the way you think.

Homeopathy seems to act rather like a protective cushion allowing the bodys' natural healing process to take place.

Mineral Salts can be taken for generalised symptoms.

Blackie's "Family Guide to Homeopathy" will help you learn to use remedies as first aid for your family.

It is always preferable to see a qualified practitioner. Ask your G.P. for a referral.

Symptoms:

1. Separation, grief loss: Ignatia, Aconite.
2. Hyperactivity: Chamomilla
3. Temper tantrum: Belladonna or Nux Vom.
4. Poor memory and concentration: Arnica, Sulphur, Kali-phos.
5. Sleep disturbance: Gelsemium, Phosphorus
6. Asthma/Eczma: Sulphur

Arnica should be in every household to prevent bruising

N.B. Do not take coffee, mint or menthol during this time.



Natural Remedies (cont)

Herbal

There are remedies available in your health shop that can help children calm down during the day and sleep better at night naturally.

Always check instructions on packet.

N.B. Always take advice from sales staff particularly with herbal remedies

Vitamins and Minerals

Sometimes under stress or for a wide variety of reasons the body does not process food correctly and may need supplements. Investigate the leaky gut syndrome which can prevent the proper absorption of vitamins and minerals. Many good health shops will advise you on a balanced and inexpensive multi-vitamin and mineral tablet.

Vitamin C, echinacea, and zinc, for example, are good for colds and may be taken in conjunction with anti-biotics.

Many children have been found to be lacking in zinc and magnesium.

Bach Flower Remedies

Rescue Remedy is a very useful over-all remedy for any kind of shock or distress.

Child Essence helps calm your child and you might find that some of the other remedies are helpful for particular symptoms.

It is always advisable to check with your doctor or if necessary go to a practitioner of natural therapies.



Bibliography



- The Practical Well Being Programme - Penny Moon
- Medical Marriage - Cornelia Featherstone
- The New Book Of Yoga - Sivananda Yoga Centre
- Yoga Pretzels: 50 Fun Yoga Activities for Kids and Grownups - Tara Guber, Leah Kalish and Sophie Fatus (1 Nov 2005)
- The New Book of Massage - Lucinda Lidell
- Move It: Physical Movement and Learning (Accelerated Learning) - Alistair Smith
- Aromatherapy for Babies and Children - Penny Price and Shirley Price
- They Are What You Feed Them: How Food Can Improve Your Child's Behaviour, Mood and Learning - Dr. Alex Richardson
- Thorsons Complete Guide to Vitamins and Minerals: All you need to know about Vitamins and Minerals for your Health - Leonard Mervyn
- New Optimum Nutrition Bible - Patrick Holford
- Bach Flower Remedies for Children: A Parents' Guide Paperback - Barbara Mazzarella
- Your Body's Many Cries for Water - F Batmanghelidj
- The Family Guide to Homeopathy - Dr Andrew Lockie
- Talking Back to Ritalin: What Doctors Aren't Telling You About Stimulants for Children - Peter Roger Breggin and Ginger Breggin
- Child Development: An Illustrated Guide Paperback - 15 Jun 2012 - Carolyn Meggitt
- How Children Learn: From Montessori to Vygotsky - Linda Pound, Cathy Hughes
- Moon on Water: Activities & stories for Developing Children's Spiritual Intelligence - Roy Leighton

Childrens stories:

- | | |
|-------------------------------|----------------|
| • Something to Remember Me By | S. Bosack |
| • Cornelius and the Dog Star | D. Spyropoulos |
| • Love You Forever | R. Munsch |
| • I Promise I'll Find You | H. Ward |
| • I Believe in Me | C. Bowen |
| • Starbright | M. Garth |
| • Little Soul and the Sun | N D Walsche |
| • The Velveteen Rabbit | M. Williams |

Magazines: Advice

What the Doctors Don't Tell You
 Optimum Nutrition ION Institute
 British Society for Allergy, Nutrition and Environmental Medicine



You as parents are the most important person in your child's life, from the moment of conception and probably even before, your thoughts and plans for those as yet unborn children, will effect their lives.

It is therefore important that you look after yourselves your diet and stress levels, how you are feeling and talking the words you choose will be impressed on your children

There is no blame attached to any of these ways- just learning and moving on.

Sometimes things work and sometimes they do not.

Despite all apparent difficulties most children grow up to be fine human beings and good enough parents in their turn

You are a good enough parent - good enough is good enough

Protect what is precious without becoming "too precious"

Rejoice in the resilience and resourcefulness of humanity

A Quiet Place Ltd

54 St. James Street, Liverpool, L1 0AB

Telephone: 0151 706 8146

E-mail: penny@aquietplace.co.uk Website: www.aquietplace.co.uk

