



# Lighthouse Newsletter



## Who are Lighthouse?

We are an Early Intervention service supporting children and their families within the Blue Kite Academy Trust schools. We are made up of Family

Workers, Inclusion Workers, an Educational Psychologist, Educational Welfare Officer and a Trainee Play Therapist. We work in many different ways- sometimes directly with children, sometimes with parents and carers. We also offer regular workshops, courses and 1:1 drop-in sessions for one off advice – please speak to your child's school for more information or if you feel you, or your child, may benefit from Lighthouse support.

## Random Fact of the Month

Research done by the National Institute of Health has found a very strong link between being able to cross the midline and being able to read. Crossing the midline is doing anything where you use both sides of your body together. If your child struggles to tap their left knee with their right hand and vice versa they are also likely to struggle with the ability to track left to right across the page- an important skill to allow reading development. Doing midline-crossing activities every day (e.g. paint a pretend giant rainbow in the air, toe touches with opposite hands, self hugs,) has been shown to increase reading ability!

April 2025



Welcome to our second newsletter of the new year! We will send a new one each long term- so keep an eye out. We will be sharing the events and courses we are running, top tips and more! See below for more information on who we are and what we do.

## Helping your child manage stressful times



We know that SATs are coming up and, although many children aren't phased by them, some children can find them tricky or stressful. We know that things such as getting enough sleep and eating well are always helpful but here are some ideas you may want to try as well:

- **Write down any worries**- This could be into a worry box or in a journal- it doesn't have to just be worries related to whatever the upcoming event is, it can be about anything. The more they share their worries the less they will be on their mind when trying to focus.
- **Teach them Micro-Mindfulness**- Learning super quick and easy regulation techniques is really helpful. SATs children can do them the night before, or, whilst waiting for or after finishing a paper to calm their minds. This could be Star Breathing (using a finger to trace up and down the fingers on your other hand slowly, breathing in when going up a finger and down when going out- they can do this under the table at school. Or try grounding- look for 5 things that are green, or, made of metal, or, are round for example. Try tensing all muscles and releasing either one body part at a time or altogether.
- **Create a Confidence Wall**- Stick post-it notes with all the things they are good at- not just academic things- to remind them of all their strengths and boost their confidence!

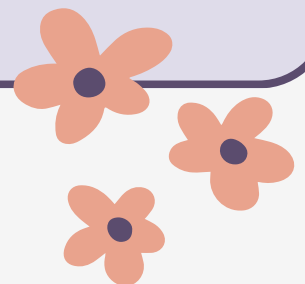
These tips can be used for any child who is feeling stressed or worried. Learning to manage stress is a skill for life and the younger we begin to learn to do it the stronger we become at doing so!



## Our Favourite Catchphrases

If you have ever joined us for a workshop or course you will know very well that in the Lighthouse team, we love a catchphrase! Here are some of our favourites with explanations:

- **What we Pay Attention to is What we Get More Of**- It can be an easy trap to fall into as a parent to only notice when your child starts to break rules or push boundaries. But if we get into too much of a pattern with this then our children can begin to learn that this is an easy way to get time and attention. If we try and flip it so that we pay more attention to the times they are playing well, putting their shoes on the rack, sharing with their sibling then this begins to be what we get more of instead. *Catch them being good!* (another of our phrases!!)
- **Love or a Solution**- Often when our child tells us something that has made them cross or upset our first reaction is to fix it for them. Think of a time you were annoyed and ranted to a friend or partner- did you want them to say, 'Well what you should have done is... Have you thought about doing...' or, did you want them to just listen and give an empathetic response such as, 'Oh that sounds tricky!' or 'Sorry your day has been so difficult!' To combat giving the wrong response than your child is looking for you can ask them- would you like love, for me to just listen, or would you like help in finding a solution?
- **Say What You Mean and Mean What You Say**- Don't put in threats of consequences that you know you definitely won't follow through with (such as 'We will cancel your party!', or, 'You won't come on holiday!') as this quickly teaches your child that you won't follow through with the consequences you give them. It's also about following through with any promises so they trust that you mean what you say. If you say you will do an extra story if they tidy up then you need to follow through with this (if you ever do need to break a promise then have a discussion about why this is happening). This also relates to not 'giving in' if your child is nagging, for screen time for example. Think of it like a slot machine that will always eventually give the prize- if they have to ask 10 times and then on the 11<sup>th</sup> time you give in they remember this and will then continue to nag the next time even more times, knowing you are likely to give in if they persist in asking. If you have gotten into this habit then it can be a hard one to fix but its worth it in the long term. Have a sentence in mind to repeat instead such as, 'I know you aren't happy with my answer but I am not changing my mind.'



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for regular tips, ideas and  
information on upcoming events!