



# NEWSLETTER

Mar/Apr  
2023

*For parents: offering a different and valuable perspective on children's growth*

## Finding their feet again? Young children post-COVID



For many families the immediate concerns of the COVID pandemic have passed: children are safely returned to school and previously well-established family routines have once again settled down.

However, some families are reporting that their children are finding it difficult to settle down or integrate back into the school environment. This may be in-part or wholly as a result of the disruption they experienced during lockdown.

Much has been written about the challenges facing pre-school children who have missed out on so much valuable socialisation and exploration of the world as which forms the foundation of their understanding and academic progress. Biting, hitting and separation anxiety of three of the many symptoms reported by parents.

Here are some brief suggestions of how parents can support their children in finding a sense of security and predictability which may support and respond to this anxiety.

**FREE PLAY:** increasingly, children engage in play which is adult-driven and overly-structured. Free-Play instead offers young children an invaluable opportunity to experiment and work through difficult experiences in an environment which is secure and which they 'understand'. Playing outside with our children is even better!

**AVOIDING SCREENS:** undoubtedly a valuable passifying tool. electronic devices emit an

unhealthy amount of 'blue light'. This can impede a child's ability to sleep well at night. Sleep is crucial for our bodies, not just to 're-charge' but importantly it is the time when our brain 'makes sense' and categorises all of the many experiences in our day. A lack of sleep can be disconcerting for many adults but even more so, particularly for children.

**MULTI-SENSORY EXPERIENCES:** We know that multi-sensory experiences play a valuable role in managing anxiety in people of all ages. During lockdown, screens became a necessary medium for education and communication and in some cases, have remained so.

**RESILIENCE:** Demonstrating to our children that challenges in life are normal (and necessary) and are often a good thing which can make happy memories.

If your child is exhibiting behaviours that concern you, it may well be their way of coping with the anxiety or uncertainty of their situation.

## DID YOU KNOW

Ants weigh more than humans!

The combined weight of ants (100 trillion) is more than humans. (7 billion)

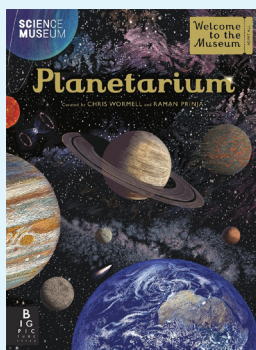
1,000,000 Years

The length of time it takes for a glass bottle to decompose

x8

The number of muscles in the human tongue

# BOOK OF THE MONTH



This book is a wonderful way of introducing the concept of space and the wider universe to your child. It will spark any number of discussions with them (e.g. could aliens exist?)

The illustrations are particularly good and the book is written in a very engaging and relatable manner.

For younger children it will need to be read along with parents but for children 9/10+ they could read it independently.

## SOMETHING TO TALK ABOUT OVER SUPPER...?

### IS THE NEW SCIENCE OF ECTO-GENESIS GOOD OR BAD FOR HUMANITY?

Scientists are moving closer to making the science of ecto genesis a reality. The word in ancient Greek means Ecto (Outside) Genesis (Birth): in other words, the possibility that a baby can be born outside of its mother's womb.

The ethics of this science is generating plenty of interesting discussion, including: equality for women, career stability for women, impact on the county's economy (declining fertility and lengthening life expectancy) and its impact on the right to have an abortion. Encourage your child to view this issue from perspectives other than their own.



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### Amritsar Massacre.

Keep your eyes open for the planned Falcon 9 rocket launch, scheduled to take place at the end of February. This is a joint project between NASA and Elon Musk's SpaceX company and will carry 2 US astronauts, a Russian Cosmonaut and a UAE astronaut on the 25 hour journey to the International Space Station. They will remain there for 6 months.



### NASA Website for Children

If your child displays a natural curiosity, in the world and wider universe, NASA's kids website will interest them. For information about the James Webb telescope and Perseverance rover as well as the Parker solar probe and future missions, visit..... <https://www.nasa.gov/kidsclub/index.html>

## SPOONS.....?

This game is one of our daughters' favourites .

You need a standard deck of 52 cards and spoons (x 1 less then the number of people playing).

Every player gets 4 cards and the object is to get 4 of a kind.

The first person draws a new card and passes one of theirs to the person on their left. Continue until someone has 4 of a kind. That person then (discreetly) picks up a spoon and its then a race for everyone else to do the same even if they have not get 4 of a kind). The person without a spoon is out!



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