



West Sussex  
Connect

Toolkit for  
Families

# PARENT PACK



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Dear Parent

The Connect Service is a support service for families in West Sussex who have been affected by domestic abuse, offering ongoing support through a variety of interventions. Connect staff provide tailored support to adults, children and young people of all age ranges, providing a safe and supported space to speak about their experiences and feelings.

We'd like to provide you with a toolkit that has information in that will enable you to have further support and resources. We have included ideas for activities which you can choose to share and complete with your child(ren).

We understand that you have been experiencing a challenging time at home. We hope this toolkit will provide some guidance to help you improve communication at home and manage difficult emotions within the family. You do not need to go through this alone. There is a variety of practical and emotional support and information available that we have listed within this pack, along with a recommended reading list.

Best wishes

Connect Children & Young Peoples Team

# *Your Bill of Rights*

*You have the right to be you.*

*You have the right to put yourself first.*

*You have the right to love and be loved.*

*You have the right to be treated with respect.*

*You have the right to be human - NOT PERFECT.*

*You have the right to be angry and protest  
if you are treated unfairly or abusively by anyone.*

*You have the right to your own privacy.*

*You have the right to have your own opinions,  
to express them, and to be taken seriously.*

*You have the right to earn and control your own money.*

*You have the right to ask questions about anything that affects your life.*

*You have the right to make decisions that affect you.*

*You have the right to grow and change  
(and that includes changing your mind).*

*You have the right to say NO.*

*You have the right NOT to be responsible for other adults' problems.  
You have the right not to be liked by everyone.*

***YOU HAVE THE RIGHT TO CONTROL  
YOUR OWN LIFE AND TO CHANGE IT IF YOU  
ARE NOT HAPPY WITH IT AS IT IS.***

*With thanks to Splitz Support Service*

# 25 WAYS TO ENCOURAGE

Thank you for helping with...

It makes mornings/dinner/outings easier when you.... thank you.

I really appreciate it when you...

Thank you for doing that... it means I/we can now...

**We did it together!**

**Wow! You made a building/drawing/etc.**

**You did it on your own!**

**You did x and then y and worked it out.**

**You used lots of red paint/blocks/tape/etc.**

**You made it really big/small/colorful/complicated/etc.**

**That took you a long time, and you did it!**

**How did you do that?**

**You did x, what will you do now?**

**Can you tell me about it?**

**What is your favorite part?**

**How did you think of that?**

**I really enjoy doing this with you.**

**I love watching you create/help your sister/play soccer/ etc.**

**I'm so proud to be your mum, every day, no matter what.**

**Look how happy your friend is when you share/help/smile/etc.**

**You kept going, even when it was hard.**

**You look so pleased to have done that!**

**You made x feel so pleased when you did that.**

**It makes you feel good when you do x.**

**Say nothing - just smile.**

## DreamCatchers

Dream catchers are helpful to make for those children that may be having nightmares or difficulty sleeping. Any child might enjoy making them though and would give an activity to do whilst talking about difficult issues. They do take a certain amount of concentration so don't start too big. If funds are an issue the cardboard inside of a sellotape roll or paper plates are a good size.



## Calm down bottles

Useful as a self-regulation/grounding tool for young children. Shaking the bottle gives them something to hold and physically focus upon, giving an anchor and relieving tension. Observing and concentrating on what is happening inside the bottle is mindful and will help to calm their nervous system.



### How to make

- 1-In the empty bottle place 2/3 water and 1/3 oil (either vegetable or baby oil). Leave enough room at the top of the bottle to add in your glitter, beads, plastic jewels etc.
- 2-Add your glitter and one or two drops of food colouring.
- 3-Seal the lid with glue or duct tape. Making sure this won't come off or be taken off. (Super glue is ideal).

## Family Sessions

- Applying lotion to each other's hands
- Mum tells child something of when they were born
- Make play doh together

Make hand or foot prints together with paint

- Bean bag game, place a bean bag on your head and walk the length of the room balancing it while mum tries to make you laugh with funny faces to get you to drop the beanbag
- Pop the bubble, popping bubbles with certain body parts e.g. elbows, finger, nose, head
- Hold a balloon or pillow between you and work out a way of communicating which way you will both move without talking such as head back for walking together that way or head forward, wink twice for 2 steps etc.
- Draw around each other hands, feet, – verbal contact at all times telling them what you are doing and the child telling mum how it feels e.g. tickly, soft, nice, horrible!
- Toilet paper bust out – wrap in toilet paper and let them burst out
- Vaseline on nose and see how many cotton balls you can stick to it by dipping it into a bowl of cotton balls

## **Free Educational Websites for Kids**

- 😊 BBC for Kids  
<https://www.bbc.co.uk/bitesize/primary>
- 😊 Topmarks - interactive online learning activities  
[www.topmarks.co.uk](http://www.topmarks.co.uk)
- 😊 National Geographic for Kids  
<https://www.natgeokids.com/uk/>
- 😊 Twinkl (free printable worksheets/activities)  
<https://www.twinkl.co.uk>
- 😊 Oxford Owl – free resources for primary age  
<https://www.oxfordowl.co.uk>
- 😊 BBC Supermovers – Interactive videos to support with KS1 and KS2 Maths, Literacy, PHSE and PE  
[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)
- 😊 Big History Project – multi disciplinary activities for secondary age  
<https://www.bighistoryproject.com/home>

- **Physical health and mindfulness**

- 😊 Cosmic Kids Yoga  
<https://www.youtube.com/user/CosmicKidsYoga>
- 😊 Jump Start Johnny  
<https://www.jumpstartjonny.co.uk/home>
- 😊 Smiling Mind – Short audio sessions to help with mindfulness  
<https://app.smilingmind.com.au/>

## Activities

- 😊 Scouts 'The Great Indoors'  
<https://www.scouts.org.uk/the-great-indoors/>
- 😊 Blue Peter Badges  
<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
- 😊 Paw Print Badges – Free challenge packs and other downloads. Many activities can be completed indoors  
<https://www.pawprintbadges.co.uk>
- 😊 The Imagination Tree – creative art and craft activities for young children  
[https://theimagination tree.com](https://theimaginationtree.com)

## Recommended reading to share with your children

- 😊 'My Huge Bag of Worries' by Virginia Ironside
- 😊 'How you feeling today Baby Bear' by Jane Evans
- 😊 'My Mixed Emotions: learn to love your feelings' By DK
- 😊 'Guess how much I love you' by Sam McBratney
- 😊 'Have you got a Secret' by Jennifer Moore-Mallinos



## Recommended resources for further information and guidance

- Parenting Positively Coping with Domestic Abuse: booklet for parents of children between 6-12  
[https://www.tusla.ie/uploads/content/Parents\\_Domestic\\_Abuse\\_d4.pdf](https://www.tusla.ie/uploads/content/Parents_Domestic_Abuse_d4.pdf)
- Parenting positively Helping teenagers to cope with Domestic Abuse  
[https://www.tusla.ie/uploads/content/Teenagers\\_coping\\_with\\_domesticabuse\\_d4.pdf](https://www.tusla.ie/uploads/content/Teenagers_coping_with_domesticabuse_d4.pdf)
- NSPCC- <https://www.nspcc.org.uk/> 0808 800 5000
- Women's Aid - <https://www.womensaid.org.uk/> <https://www.womensaid.org.uk/information-support/>
- The Hide Out – *'Space for children and young people to understand Domestic Abuse and how to take positive actions'* <https://thehideout.org.uk/>
- SPLITZ Support service: 0345 155 1074 / [admin@splitzdevon.org](mailto:admin@splitzdevon.org)  
<https://www.splitz.org/resources/talk-toolkits.html>  
-Encouraging Healthy Contact <https://www.splitz.org/resources/talk-toolkits/745-encouraging-healthy-contact.html>  
-Exploring Healthy Relationships 14-16 years  
[https://www.splitz.org/docs/TALK/Exploring\\_Healthy\\_Relationships.pdf](https://www.splitz.org/docs/TALK/Exploring_Healthy_Relationships.pdf)  
-Self Care Toolkit <https://www.splitz.org/resources/talk-toolkits.html>
- Childline- <https://www.childline.org.uk/> 0800 1111
- Your Space - *'Website for young people in West Sussex with information and news on careers, education, life, leisure, health and where to find support'*  
<https://www.westsussex.gov.uk/education-children-and-families/your-space/>
- Young Minds Parents Helpline 0808 8025344  
<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
- Mind – Mental Health Charity, provides information and support  
<https://www.mind.org.uk/>
- Multi-Agency Safeguarding Hub – if you have any concerns regarding the welfare of your child or need Early Help advice: Call 01403 229900 (Monday to Friday, 9am to 5pm)  
Outside of office hours, please call 033 022 26664