



LIGHTHOUSE NEWSLETTER

Summer 2026

The Lighthouse Team

We have had a great year and we are pleased to have met and supported more families than ever before! We look forward to continuing our work with the Blue Kite Academy Trust schools and families in September. Keep an eye on our newsletters and Instagram page for updates on our Lighthouse events in the new academic year. Thank you to those who have worked with us this year and a huge thank you for the ongoing support we receive from our wonderful schools and families. We hope you have an enjoyable summer!

From,

The Lighthouse Team

(Helen, Siobain, Torz, Becky, Gayle,
Jacqui, Dani and Matt)

Follow Us

For regular family life tips, links to useful posts and dates for your diary please follow our instagram page:
[@lighthouse_bluekitetrust](https://www.instagram.com/lighthouse_bluekitetrust)

Summer Fun!

With the summer holidays fast approaching we wanted to give some ideas for fun and free activities you can do to fill some time. Follow our Instagram page below as we will share all the free events we spot going on around the area!

- Add some duplo or lego to a bath or paddling pool- they can wash it, build with it and cool down too!
- Draw around a selection of toys or items then hide them inside or outside for the child to find and match up
- Use a spray bottle or water squirters to knock paper cups down or aim at a magnetile target
- Get your child to create a 'Make-Believe Museum'- give them some random items and tell them to reimagine what they are and what they do (maybe a whisk could become a cloud fluffer, a spoon could become a mouse's spade!) They can add labels to them if they like and then give you a tour of all their artefacts!
- On some plain paper design a map of a fantasy land. What landmarks might they add? A mermaid lagoon, a cave of gold or a volcano perhaps!
- Invent a new sport using items you already have. Get the child to name it, write or scribe the rules and then have a few rounds and teach it to some friends as well
- Make some boats out of foil and adapt them until they can float on water. How many items can you add without sinking your creation?
- Get a set of kitchen scales and some of their smaller toys and figures. Can they record the weight of each one and then place them in order from lightest to heaviest? Maths and literacy skills are being practiced without them even realising!
- Let them be bored and find their own fun too- boredom often leads to creativity- we don't have to fill every minute of their day!

The Gift of Letting Children Try

Sometimes children can develop a sense of 'learned dependence', where they begin to believe that adults need to take over when something gets tricky, decisions need to be made or a problem needs to be solved. This often happens with the very best intentions. When we care about children, it is natural to want to help, protect, and remove discomfort. However, if adults regularly step in too quickly then children can miss valuable opportunities to discover what they are capable of.

Giving children age-appropriate responsibility helps them develop confidence, competence, and independence. Whether it is carrying out a small task, resolving a friendship difficulty, or persevering with a challenging activity, children build resilience by working through it, not by being rescued. Even little things like asking them to carry their own bag when your hands are full sends a message that they are capable! Equally important is allowing children to experience managing difficult feelings such as frustration, disappointment or boredom. These emotions might feel hard but they are not harmful, they are opportunities to learn coping skills.

Kind support does not mean removing every obstacle. Instead, it means staying alongside children as they face challenges, helping them learn that they can cope, recover, and succeed for themselves.

What we Pay Attention To...

One of our most used catchphrases in Family Foundations (the Lighthouse course we run each term for parents and carers) is, 'what we pay attention to is what we get more of.' Children, like adults, thrive on connection and tend to repeat behaviours that get it, whether that is in a positive or negative way. If we give our attention only when rules and boundaries are being broken or pushed then we can accidentally reinforce the negative behaviour because they learn that this is what gets noticed. To counteract this we can focus on paying attention to the behaviour we WOULD like to see again and 'catch them being good!' (another of our favourite phrases!) For some children, introducing a 'Starry Skies' chart, using some black card and some small star stickers, can be really helpful. The focus with Starry Skies is on being kind, considerate or helpful. Unlike a traditional sticker chart it is shared by the whole family and everyone in the home can give stickers to each other- including to the adults- for kindness shown. We don't record who got each star or have a target number to reach but instead, focus on filling the sky together as a family. By doing this the behaviours that we actively notice, and reinforce positively, are the ones which grow and become repeated!