



Lighthouse Newsletter



Spring 2026



Welcome to our Spring term Lighthouse Newsletter. If you use Instagram please follow our page @Lighthouse_Bluekitetrust where we share details of our upcoming courses and events as well as lots of tips and ideas for family life.

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 advice drop-in sessions – 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

A study carried out by Harvard University over many years has found that children who are given some age appropriate chores and responsibilities are statistically more likely to be happy in adulthood! They discovered that children who are included in some household tasks develop higher self-worth, accountability, and a better work ethic, leading to increased professional success and, more importantly, increased happiness in adulthood. The Harvard Grant Study suggests chores foster empathy and self-confidence, making individuals more responsible and emotionally grounded adults.

Boosting connection with your child



Building strong connections with your child doesn't require grand gestures- small consistent moments of attention can make a big difference.

One simple way to nurture connection is through the questions we ask. Instead of, 'How was your day?' (which often gets a one word answer!) try more open and curious prompts like, 'Tell me something that made you smile today?' 'What games did you play at break time?' These kind of questions invite children to reflect and share a little more of their inner world.

Equally important is how we listen. Active listening means giving the child your full attention and showing you are listening with eye contact, nodding and reflecting back what they say. Even brief moments of undivided attention can make our children feel truly valued. In our busy lives this can feel challenging, but putting phones and other distractions aside where possible sends a powerful message: *you matter and what you say is important.*

Connection can also grow through playfulness. Laughter and light-hearted moments help children feel relaxed and open. Try introducing games at the dinner table or in the car such as 'Would you rather' (Have only sweet or only savoury? Be a fish or a bird? Be able to fly or breathe underwater?) These simple games can often lead to surprisingly meaningful conversations that tell us more about who our child is.

When children feel more connected to the adults around them this often shows up positively in their behaviour. Feeling seen, heard and understood helps children feel secure which can reduce frustration and increase cooperation. A few minutes of genuine curiosity, active listening and play each day can have a huge impact on the child and your relationship.



'When and Then'

'When and then' sentences are a great tool to have in your parenting toolkit. They promote positive behaviour by telling a child the expectations and can reduce conflict by giving direction in place of a telling off. Rather than, 'Don't talk to me like that!' Try, 'When you use a calmer tone, then we can talk this over.' Instead of, 'You need to tidy this room!' Try, 'When you have picked up the lego, then we can watch the film.' Swap, 'Stop interrupting your brother!' for 'When your brother has told his side then you can tell us your side.' Try to deliver it with a calm tone so that they can see it is a guiding instruction rather than a telling off.

Phrase of the Month

'All emotions are allowed but not all behaviours are!'

It's fine to be angry, upset, stressed, excited- it's what we do with those emotions that is important. We can feel a big emotion but we can't use it as an excuse for making a bad choice, being unkind or doing something dangerous.

The Power of Positive Instructions!

A very small reframe of words can change the whole meaning of a message. Instead of, 'If you don't come when I tell you to then we won't come back to the park tomorrow.' Use, 'If you come when I let you know it's time to leave then we can come back again tomorrow!' (With the necessary warnings such as have 10 last goes down the slide, choose one last thing to have 3 goes on). A very small reframe of words can change the whole meaning of a message.

- Instead of, 'If you don't come when I tell you to then we won't come back to the park tomorrow.' Use, 'If you come when I let you know it's time to leave then we can come back again tomorrow!' (With the necessary warnings such as have 10 last goes down the slide, choose one last thing to have 3 goes on).
- Instead of, 'If you don't do your homework there won't be any TV!' Try, 'Once you've done your homework you can watch 30 minutes of TV.'
- Instead of, 'If you don't share that toy I will take it away!' Try 'If you are able to share the toy then you can keep playing with it!'

When we lead with the first examples of each sentence it sends the message that we are expecting them to make the wrong choice. This can often become a self-fulfilling prophecy, making the child think, 'Well, they obviously expect me to do wrong so I may as well!' If we switch our language slightly into the second examples, we are sending the message that we believe they can, and will, make a positive choice. We are also giving the 'do' rather than the 'don't' which is much easier for children to understand and follow. This subtle change can have a big impact. It can stop you feeling like you are constantly nagging and can switch the atmosphere in your home from a more negative one into a far more positive one.



Follow us on Instagram
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information on upcoming events!

