

SAFEGUARDING NEWSLETTER

EASTER
TERM
EDITION

THIS TERM'S
TOPIC IS ...

Reducing Family Conflict and Managing Anger

Life can be stressful for everybody, including children and young people. When tricky situations arise at home, it can sometimes be challenging to manage these calmly. In order to resolve these situations effectively, it is important that they are approached in the right way. It is always okay to take a step-back to collect your thoughts and feelings before approaching a difficult conversation. This may limit anger, conflict or confrontation.

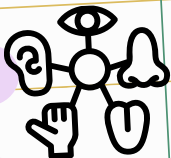
This newsletter suggests ideas (such as anger-focused grounding techniques) that may help you unwind before (or after) a tough conversation with your child, reducing the chances of escalation or arguments. There is also medically reviewed advice from Journalist Daryl Austin and finally, information about resources or local services that specialise in reducing family conflict and managing anger.

Grounding Techniques

When you feel overwhelmed, grounding techniques can bring a sense of calm to back to your body and mind. They are often useful for both adults and children in moments of anger and frustration. Here are three grounding techniques for you and your young people to try at home.

1) 5-4-3-2-1

Take a moment to engage your senses. Acknowledge 5 things you see around you, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 that you can taste.



2) Progressive muscle relaxation

Tighten a group of muscles in your body while you breathe in (aim for between 5-20 seconds) and relax your muscles again when you breathe out. Repeat this with different muscle groups within the body.



3) 'I can see a rainbow'

Look around the room and try to find something that is every colour of the rainbow. To make this more challenging, try to do this in order of the song.



Stop
BREATHE
& THINK



"6 REASONS WHY YELLING AT KIDS DOESN'T WORK"

Austin, D (2023)

Daryl Austin and Wayne Fleisig, Ph.D. collaborated on an article which aims to teach parents why shouting at children is not an effective way to communicate. The information below summarises their writing, but you can read the full article in the link on the final page of the news letter.

1) "Kids cannot learn if they are in 'fight or flight' mode"

- "Yelling is about releasing anger; it's not an effective way to change behaviour," says Laura Markham, Ph.D.
- Dr. Markham says that when a child is scared, they go into fight-or-flight mode and the learning centre's of their brain shuts down.

2) "Yelling can make children feel devalued"

- "Yelling is one of the fastest ways to make someone feel they don't have value," says Dr. Shrand.

3) "Yelling can fuel anxiety, depression and lower self-esteem"

- Studies have found that children who are yelled at are prone to anxiety and have increased levels of depression.

4) "Yelling can interfere with bonding"

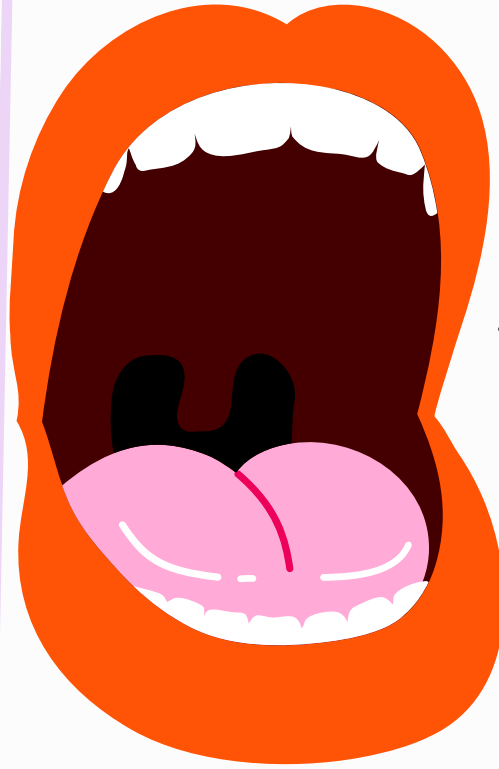
- "Yelling breaks your connection with your child and puts your relationship bank account in the red," explains Dr. Markham.
- "In my 40 years as a psychologist, I've seen thousands of kids and have never had one tell me they felt closer to their parent after being yelled at," says Dr. Bernstein.

(5) "Long-Term Yelling Can Have Negative Impacts on Children"

- Multiple studies have illustrated how yelling harms children. One study includes "yelling or screaming" as one measurement of "harsh discipline" in the home and concludes that children who are disciplined this way have "poor school achievements, behavioural problems...and delinquent behaviours."

6) "Yelling is not effective communication"

- "Children have a hard time learning to regulate their own emotions if their parents don't show them how," says Dr. Markham, and parents who tend to yell every time they're upset may wind up teaching their children to similarly overreact when they encounter frustrating situations of their own.



If you have any concerns for a child over the Easter Break, please contact the Multi-Agency Safeguarding HUB (MASH) on 0300 126 7000 or call the Police on 101. If you believe a child is at immediate risk of harm, please call 999.



SUPPORT IN THE COMMUNITY

THERE ARE LOTS OF PLACES TO GET SUPPORT FOR FAMILY CONFLICT AND MANAGING ANGER. HERE ARE SOME THAT WE

RECOMMEND.

MIND

“Dealing with anger – for 11-18 year olds”

https://www.mind.org.uk/for-young-people/feelings-and-experiences/dealing-with-anger/?gad_source=1&gclid=Cj0KCQjwqpSwBhCIARIsADIZ_Tk5KrnE8xq5_GVg7T7shanXTU23oshUdMKcunmwzZoJoBeaYgIRMMUaAi-DEALw_wcB

“Anger”

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/treatment-and-support/>

Alternatives to Violence Project Britain

“Anger-management workshops”

<https://avpbritain.org.uk/face-to-face-workshops/>

NDAS (Northamptonshire domestic abuse service)

“Who’s in charge”

<https://www.ndas.co/whos-in-charge>

Anna Freud (National Centre for Children and Families)

“Reducing Parental Conflict”

<https://www.nationalcentreforfamilyhubs.org.uk/toolkits/reducing-parental-conflict/>

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Your GP may be able to support with any concerns.

As always, the Safeguarding Team at Kettering Science Academy are here to help.

REFERENCES

Austin, D. (2023) 6 reasons why yelling at kids doesn't actually work, Parents. Available at: https://www.parents.com/health/healthy-happy-kids/a-parental-wake-up-call-yelling-doesnt-help/?hid=dd502557e3aa6a2177bc3078b0bf2a9aeee66b3b&did=11530904-20240106&utm_source=parents&utm_medium=email&utm_campaign=parents-daily_newsletter&utm_content=010624&ictg=dd502557e3aa6a2177bc3078b0bf2a9aeee66b3b&dd502557e3aa6a2177bc3078b0bf2a9aeee66b3b (Accessed: 25 March 2024).