

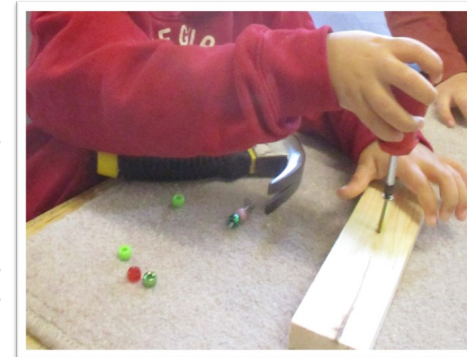
Dear Parents and Carers,

It has been a great week at Noah's Ark despite the wet weather! The children have all been able to take part in a **Sunshine Thinking Time** session this week. These are sensory based circle times used to promote co-operation and positive wellbeing and to help the children develop confidence and self esteem.

There are three rules in Sunshine Thinking Time: Have fun, Work Together and use Kind Hands. The session will usually begin with passing something round the circle. For instance, hand lotion which everyone can rub into their hands. The children can say 'No, thank you' if they don't want to join in, to promote choice and respecting one another. This week, the focus of these sessions has been the book 'Tiny Little Fly' by Michael Rosen.



The woodwork and playdough tables have been very popular this week. Small groups of children have been supervised to make their own woodwork creation using tools, nails and beads. The children have taken their creations home to share with their families. The younger children have been enjoying working with playdough.



We have included some further information from Relationships Matter this week with support with communication, managing stress, conflict and parenting. Hopefully it will be useful.

Have a lovely weekend,

The Noah's Ark Team.



SAVE THE DATE :

5th Dec—2.30pm—Christingle making in the Church and Decorating the Outdoor Christmas Tree

12th Dec—Noah's Ark Christmas Stay and Play





Enrol [here](#)

For more information contact:



relationshipsmatter@bristol.gov.uk

The Parents Plus Parenting when Separated Programme is a FREE six-week evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

Topics

- Solving co-parenting problems in a positive way that focus on the needs of children
- Cope with the emotional impact of separation and stress management techniques
- Help children cope with the impact of the separation both emotionally and practically
- Enhance communication with children and with the other parent

10. Relationship Support for Parents in Bristol

Many of us will remember what it was like to listen to our parents arguing.

Conflict in relationships is part of everyday life but conflict, which is frequent, intense and poorly resolved can have harmful effects on children.

Knowing how to **manage stress and communicate better** can make all the difference to your relationship and your child's wellbeing.



To find out more watch this short animation [here](#)

To find out about the support available in Bristol



bristol.gov.uk/relationshipsupport



relationshipsmatter@bristol.gov.uk