



Dear Parent/Guardian,

MY name is Loretta Daly and I have had the absolute pleasure of teaching your children the Fresh Little Minds GROW Programme over the last few weeks which has been great fun. I wanted to send a letter to give you some information on the GROW Programme so that you can continue to support your children to use the AMBER approach at home.

The AMBER Approach consists of five parts;

 <p>ANCHOR</p>	<p>In this session your child learned about the 'A' of Amber which is Anchor. Anchors are people who help keep children safe through the storms of life. Parents are children's most important Anchor.</p>	<p>Help children to talk about their session. Ask them about their Anchor People – they were able to name so many! Ask them Who is Amber?</p>	<p>Anchor with your children by spending 10 minutes of one to one time with them. Simple activities like chatting, walking or playing a game help children to feel safe, seen and loved.</p>
 <p>MOVE</p>	<p>In this session your child learned about the 'M' of Amber which is Move. Children and adults need to Move to help unblock stuck energy and calm excess hyper energy. Parents and children who Move every day have better mental health.</p>	<p>Help children to talk about their session. Movement helps to shift tricky feelings. What are their favourite ways to Move? Ask children about how Movement Changes Moods.</p>	<p>Create or download a Movement Chart. Jump, Balance, Spin, Walk, Run – create your chart to suit your favourite movements. Try to aim for 10 minutes a day of movement. Tick off the chart when you have finished!</p>

 <p>BREATHE</p>	<p>In this session your child learned about the 'B' of Amber which is Breathe. Breathing can be used by parents and children to help them when they feel anxious or worried. Did you know that just three minutes of focused breathing twice a day boosts your immunity and your mood?</p>	<p>Help children to talk about their session. Ask them about kindness and all the ways we can be kind. How can we fill our buckets of kindness at home? We have used a number of different breathing techniques. Ask your children about these;</p> <ul style="list-style-type: none"> • Belly Breathing • Feather Breathing • Flower and Windmill Breathing • Roller coaster Breathing 	<p>Practice belly breathing with teddies on your belly like a trampoline. Imagine smelling the lovely flowers - this reminds us to inhale through our nose. Then with our exhale we imagine blowing a lovely coloured windmill. Use your fingers as a roller coaster. Using your index finger on your other hand to trace the tracks – inhale on the way up and exhale on the way down. Try breathing together to a calm piece of music just before sleep. Notice how you both feel.</p>
 <p>EXPRESS</p>	<p>In this session your child learned about the 'E' of Amber which is Express. In Fresh Little Minds there are no 'bad' feelings, just tricky feelings that are harder to deal with. Parents and children who Express their feelings safely can thrive. Role model expressing your feelings. Parents can feel lots of tricky feelings too. Praise your children and use positive language about them and around them. Help them to love themselves, they are worth it!</p>	<p>Help children to talk about their session. Ask them where they feel their tricky feelings in their body. What are their tricky feelings? What colour are they? What would help them when they are feeling this way?</p>	<p>When children shout and scream, look beyond the behaviour. What are they trying to tell you? What help do they need? What do you need to do to regulate yourself before you regulate them? Try to hit the pause button during a meltdown and take a few deep breaths. Instead of shouting, tell your child that you can see that they must be feeling angry/scared/frustrated/upset etc.... Maybe also try explaining how you are feeling and that you may just need a little minute before you can help them. Notice how that feels</p>

	<p>In this session your child learned about the 'R' of Amber which Relax. Did you know that sleep is when the brain and body recharges and heals. Sleep hygiene is really important for children. Parents can help improve children's sleep by reducing sugar, emotional distress and devices at bed time.</p>	<p>Help children to talk about their session. Ask them what they like to do to Relax. What do they like to do to Relax alone? What do they like to do to Relax with other people? What can you do together to Relax?</p>	<p>Amber reminds children of the need to "Plug out of devices and plug into people". How long do your children spend on electronics? Is their time limited? Do they have an hour before bedtime when they have no electronic time? Try to create a healthy bedtime routine. Try reading together at bedtime, or listen to them reading to you.</p>
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I hope this gives you an insight into what we have been doing together and some ideas of how you can help your children to embed the AMBER Approach at home. Early intervention is key to promoting mental health and the tools and strategies they use now will be with them for life.

Thank you for taking the time to read this letter and I wish you and your children well both now and in the future.

Best Wishes,

Loretta and Amber!