

LIGHTHOUSE NEWSLETTER

OCTOBER
2025

Who We Are

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 drop-in sessions for one off advice – please speak to your child's school for more information or if you feel you, or your child, may benefit from Lighthouse support.

Family Foundations

Our second course of the academic year will be held at Greenmeadow on Tuesday mornings from 9am-11am for 6 weeks. This free course covers many topics around understanding and supporting our children's behaviour. It begins on Tuesday 11th November and will run until Tuesday 16th December. Spaces are limited, to reserve one please email: vdavid@bluekitetrust.org.uk OR bbradley@bluekitetrust.org.uk

Useful Websites

- **Saferinternet.org.uk** A really detailed insight into ensuring safety online for your child
- **Thesleepcharity.org.uk** Advice from sleep experts with useful ideas to try
- **Eric.org.uk** Advice for children and young people with toileting or continence issues
- **YoungMinds.org.uk** A great parent/carer section on supporting children who are experiencing low mental health with tips on how to discuss and help
- **BBC.co.uk/bitesize/parents** Covers a huge range of areas such as SEND, Mental Health, supporting academic development, family fun and more!

Tantrums vs Meltdowns

Tantrums and meltdowns may look similar, but they come from very different places and need different kinds of support.

A **tantrum** is usually a behavioural outburst driven by a child perhaps wanting something they can't have or being frustrated by a boundary. During a tantrum a child may shout, cry or refuse to co-operate. The best support is to stay calm and to keep the boundary which you have set (if we give in to it to stop the tantrum then they learn that this is the way to get what they want and next time may tantrum longer, knowing that eventually it will work). Use empathy and acknowledge their feeling, give them time and support to calm down and wait until they are fully calm if you want to discuss it further. Distraction can also be a useful tool with tantrums.

A **meltdown** is an involuntary response to overwhelming sensory, emotional or cognitive input (too much of something for their brain to be able to process at once). Children experiencing meltdowns are not trying to meet an end goal or get something, but are reacting to distress and overload. Meltdowns may be common in children with neurodiverse profiles but can happen to any child experiencing high stress and overwhelm. To support a meltdown, we focus on helping the child to feel safe, reducing the input that has overwhelmed them where possible, such as moving to a quieter space, and provide support to regulate them again (lots of ideas on previous newsletters or our Instagram page- see below). Allow gentle reflection afterwards to help you both identify possible triggers and strategies to reduce possible future overwhelm.

Autumn Activities

- Collect conkers, leaves, acorns and other natural objects and set up a shop, using the acorns as pretend money to swap and sell!
- Collect different shaped leaves and stick them down into a leaf person.
- Find a good sized stick and then collect fallen leaves to poke a hole through and thread onto the stick like a leaf kebab! How many different colours can they find to add to their kebab?
- Go on a walk and look for accidental letters in nature or on manmade objects- a stick in the shape of a C, a bench leg in the shape of an S, a crack in ground in the shape of an F- the only rule is real letters don't count- only unintentional ones!

Follow Us



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