

**Quality assured:**  
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# The Parent Pack

For parents of children in the Foundation Stage, KS1 and KS2

Exactly what our schools have been asking for. Parents love the pack – easy to read, down to earth, and full of simple, practical ‘quick win’ ideas to use at home.  
*June Gourlay,  
Local Authority SEAL  
Consultant*

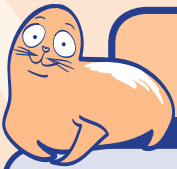


**‘Parents and the family are the biggest influence on a child’s development and life chances.’**  
*Beverley Hughes,  
Minister for  
Children*

A set of 7 practical, parent-friendly booklets (one per SEAL theme) to support parents\* and families in developing and reinforcing SEAL at home.

- Engages parents in supporting SEAL at home
- Improves effectiveness of SEAL work in school
- Fosters healthy parent-child relationships at home
- Helps to develop meaningful home-school partnerships

\* The word ‘parent’ is used in its most inclusive sense to encompass carers, siblings, extended family and community members. All can make a difference.



## What is it?

'Supporting SEAL: The Parent Pack' consists of 7 beautifully illustrated booklets, each linked to one of the seven SEAL themes. Each booklet focuses on one or more of the key skills that children will be exploring at school during that theme, e.g.

The focus areas for the parent booklet 'Getting on and falling out' are

- Talking and listening to your child
- Making up after a falling out

The booklets introduce whole-school SEAL tools (e.g. Peaceful Problem Solving), strategies and language to parents in an accessible, fun and practical way. A single-page introduction describes the theme and the skills that their children will be learning over the term, while the main sections of the booklet offer a myriad of tips and ideas for parents to use at home to support the learning outcomes for the theme. Notes and diary pages enable parents to choose a number of tips to try out and to record the outcomes.

The pack is *not* a parenting manual – it is directly linked to the learning outcomes of SEAL and supports parents in helping their children to become happy, confident and successful learners.

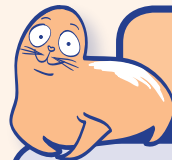
## Growing happy, confident and successful children

Supporting SEAL: The Parent Pack helps parents notice and celebrate their child's application of SEAL skills by enabling them to:

- Be a role-model and demonstrate skills in action
- Know the learning outcomes for each theme
- Encourage and support their child in using SEAL skills at home
- Notice and celebrate their child's application of SEAL skills

**Over 200 tips – usefully categorized by SEAL theme - to help parents to understand and use...**

- Peaceful Problem Solving •
    - Family Charters •
    - Praise •
  - Active Listening •
    - I-messages •
    - Assertiveness •
  - A Shared Definition of Bullying •
  - Anger Management Techniques •
    - Strategies for Building Their Child's Confidence •
- ...and much more besides**



## Why a Parent Pack?

We know that SEAL skills need to be practised and reinforced in the environment if they are to be used and become embedded. In fact 80% of SEAL learning takes place outside of the classroom – children might learn in a SEAL lesson, for example that counting to 10 helps some people to calm down. However, in order to actually be able to calm down when it matters, they need support and opportunities to practise their skills in 'real-life' situations. Schools understand the importance of the environment in helping children to learn and use SEAL skills, and it is for this reason that so many schools provide SEAL training for their staff.

But what about parents and families? Children spend 18 out of every 24 hours out of school. The skills that school staff are learning are just as applicable to parents – maybe even more so! This pack enables parents to access the same skills, knowledge and understanding that is available to children and school staff – in a fun, accessible and practical format.

**“ DON'T WORRY THAT YOUR CHILDREN ARE NOT LISTENING TO A WORD YOU SAY – WORRY THAT THEY ARE WATCHING EVERYTHING YOU DO! ”**



# What does each booklet offer?

## A one-page introduction

A brief introduction to the theme and learning outcomes.

## One or more practical and accessible 'Top Tips' sections

Designed to help parents understand, develop and use the skills, as well as to help them to support their child to do so. Fully illustrated and teeming with examples.

## Explanations of key whole-school tools and models

For example 'Peaceful problem solving', the firework model of anger. Lots of ideas for using them at home.

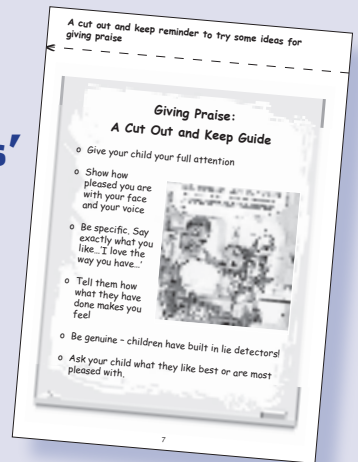


### Fascinating fact:

Only 7% of the message we communicate to another person is through the words we use. Our tone of voice accounts for 35% and our body language 58%!

## Reinforcement of key concepts

Cartoons, 'Fascinating Facts' and 'Fridge Magnet' style memos help to reinforce, illustrate and highlight key ideas and information.



## Quick checklists and 'Cut Out and Keep Guides'

Parents can cut these out and fix on the fridge for a quick reminder.

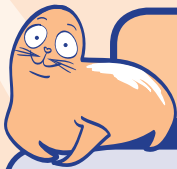
## Sensitive illustrations showing 'how to do it' (and how not to!)



## Notes pages

Diary and notes pages help parents keep a record of which ideas they have tried out and what happened.





## What benefits does it offer?

Schools that take a whole school approach to SEAL see vastly better results than those who treat it as a discrete curriculum subject. Imagine how much more powerful the whole school approach becomes when parents and families have the opportunity to really understand, learn and use SEAL skills, language and tools at home...

**Comprehensive** Over 200 tips to help parents develop, use and reinforce SEAL skills at home, handily catalogued by SEAL theme!

**Accessible** The pictures, examples, 'top tips' and clear language make the pack accessible to all.

**Flexible** Schools choose to give (or sell) to parents as a complete pack, or to give out a booklet at the beginning of each theme (with parents building up their set as the year progresses). Use as the basis for parent awareness events or alongside Family SEAL workshops.

**Cost effective** At only £5 per pack (7 books in an attractive folder) you can support the parents of *all* your children throughout the year!

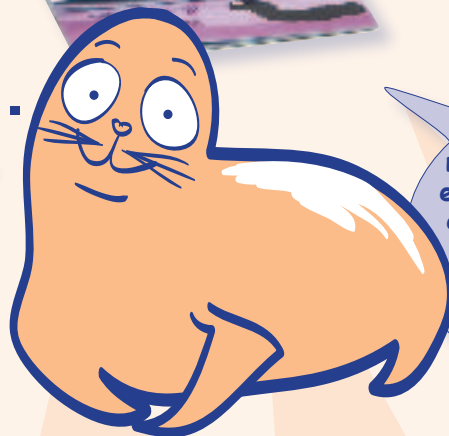
**P.S. It's not just perfect for parents... SMSAs, school governors, peripatetic staff, NQTs, or teachers new to the school as part of an induction package – everyone will find these little SEAL booklets useful!**



## What the experts say . . .

'Finally, a great tool kit to help parents and professionals to work together in partnership in the important area of SEAL. It's perfect.'

*Rebecca Shore,  
Learning Mentor*



'An informative, non-threatening way of engaging, supporting and educating parents in all aspects of SEAL'.

*Kendra Smallwood,  
SEAL coordinator*

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