

MARCH 2024



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To translate this newsletter, follow the link in the QR code or click [HERE](#)

Be Curious

In this issue:

- The importance of being curious
- Asking open ended questions
- Open-ended activities
- Wave 9 Launch in Alnwick and Coquet
- Autism family drop-in sessions



This issue of the Be You newsletter is all about being curious.

Being curious is important for child development because it drives exploration, learning and problem-solving.

Curiosity encourages children to ask questions, seek answers, and engage with their environment, which fosters cognitive, social, and emotional development. It also promotes creativity, critical thinking, and a lifelong love of learning.

Did you know that children have been responsible for lots of inventions we use today? The trampoline, Christmas tree lights, the microwave bacon crisper, the toy truck and even Braille were thought up and created by kids!



Any questions you can contact us at:

BeYou@northumberland.gov.uk

Be Curious

Kids love exploration and discovery and as a parent you can encourage this sense of curiosity to help them understand more about the world and people in **six simple ways**:

1. Ask your children questions – this is a great way of encouraging curiosity and helping them develop their own views and ideas. Asking 'what if..?' and 'how..?' are great ways to encourage a curious mindset as it helps them imagine different consequences, connect events and understand a situation. An easy way to do this is to ask about the stories they watch on TV, see in movies or read about in books, magazines, the internet or social media (if they are old enough to use this).



2. Be a Good Role Model - showing your own curiosity will encourage your children, so whenever a question pops into your head, ask it out loud and find out the answers with your children. Not only can this be a fun activity, but helps your kids realise the importance of asking questions and how fun it is to learn new things.

3. Give Your Child Tools – helping your children to develop curiosity through doing things for themselves by giving them the tools means they can explore, ask questions, discover interests and learn new things. Easy ways to do this can be teaching them how to use internet searches (making sure parental controls are in place), going to the library to look at non-fiction books and even building a 'curiosity toolkit' with them: a backpack with paper, pencils, a dictionary, a magnifying glass and anything else you can both think of – this way they'll be ready for any adventure that comes their way!



4. Provide a Stimulating Environment - living in a stimulating environment is a simple way to help develop your kids' curiosity. Having colourful pictures and posters in their bedroom, as well as interesting or interactive objects can be very powerful as they encourage interaction, independent thinking and visual stimulation.

5. Provide Open-Ended Activities - letting your children play or enjoy open-ended activities is a super easy way to encourage new interests and spark curiosity. Too much structure and planning can restrict your child's imagination, whereas when they're enjoying something more relaxed their minds can wander and explore. Some fun open-ended activities include:

- A trip to a museum or zoo
- A walk in some woodland or at the beach
- Playing the park
- Art and crafting
- Baking

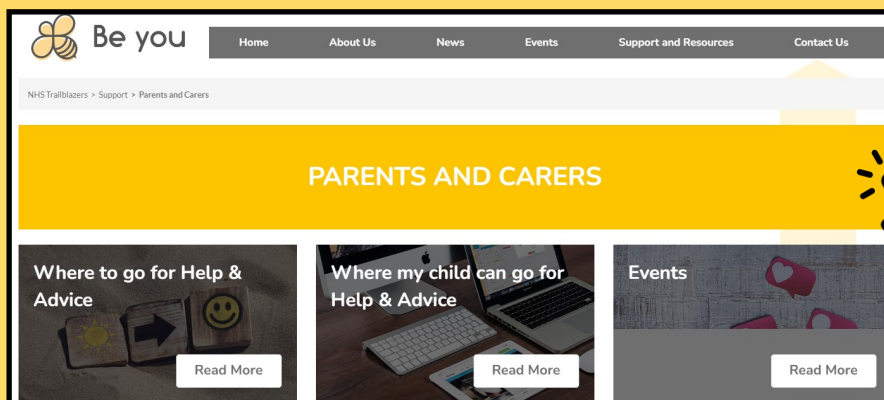


6. Mix Things Up - curiosity is all about exploring the unknown and it's important for them to get out of their comfort zone by doing things that challenge them, a different activity to one they already enjoy. If your child loves drawing encourage them to experiment with painting, or if they play football, see if they could try out basketball or netball a few times instead. This can help spark new curiosities and allows kids to try their hand at a new skill. Family outings to different places can also be a great opportunity to

introduce new experiences. Pay attention to what excites them and encourage them to continue exploring!

Did you know you can access information via our website?

<https://www.beyounorthumberland.nhs.uk/support/parents-carers-support>



MARCH 2024

Wave 9 Launch Event

Alnwick and Coquet Partnerships

We held two launch events in February for our new wave of schools in the Alnwick partnerships. It was lovely to meet with lots of parent, carers and young people. Don't worry if you didn't make it along! Below are all of the teams that attended and are available to support with mental health and wellbeing.



Be You are Northumberland's Mental Health Support Team. Currently, we work in Hexham, Blyth, Ashington & Bedlington areas and have now begun to work within Alnwick and Coquet. We are working hard to expand our reach to more and more areas of Northumberland. Don't worry if we aren't in your area yet, there is still lots of support that can be accessed.



[Northumberland Emotional Wellbeing Service](#)



[Harrogate & District Foundation NHS Trust Growing Healthy 0-19 Northumberland Service](#)



[Frontline Northumberland](#)



[Family Hubs](#)



[Northumberland and Tyneside Mind](#)

Looking for support but not sure where to turn?

Contact us at

BeYou@northumberland.gov.uk



Visit our website: www.beyounorthumberland.nhs.uk

Autism Family Drop In Sessions



Do you have a child aged 0-19 years? Come along to meet other parents for a cuppa and chat. No diagnosis needed!

Join us at:

- Blyth Central Family Hub - Wednesday 28th February 2024 1-3pm
- Haltwhistle Family Hub - Tuesday 5th March 2024 1-3pm
- Berwick Family Hub - Thursday 7th March 2024 10am-12pm
- Ashington Family Hub - Tuesday 19th March 2024 10am-12pm
- Prudhoe Family Hub - Wednesday 20th March 2024 1.30-3.30pm
- Alnwick Family Hub - Thursday 21st March 2024 1-3pm

Facilitators - robyn.robinson@northumberland.gov.uk and
adelle.hicks@northumberland.gov.uk

Inclusive Education Services



Our people. The heart of Northumberland 

Our vision: One council that works for everyone Our values: Residents first, Excellence and quality, Respect, Keeping our communities safe and well