



POM-BEAR[®]

& PALS

**A FUN GUIDE TO HELP RE-BUILD
YOUR CHILD'S SOCIAL CONFIDENCE**



**2020 HAS BEEN A YEAR
LIKE NO OTHER.**

2020 has been a year like no other. Everyone has had a different experience through lockdown but through our research we have found that it has been both challenging and rewarding in equal measures- from bringing families closer by spending more time at home, to learning new skills and even getting fitter with Joe Wicks!

With talk of 'moving into a new normal' we also know that this 'new normal' is again different for everyone. Our poll of UK parents showed that after spending a long time at home, families are starting to build their new routine and in particular, looking for ways to help rebuild their child's confidence again.

We have teamed up with a panel of experts to help you hold onto those bits you've loved over the last few months whilst also providing you with some new fun tips and tricks to help you and your family rebuild social confidence as you start to build this new routine.*

INTRODUCING THE POM-BEAR PARENTING PALS...



Dr Amanda Gummer
Child Psychologist



Sharky & George
our 'Fun Experts'

*Always check and follow Government social distancing advice when seeing people outside of your household.

THE IMPORTANCE OF SOCIALISATION FOR YOUNG CHILDREN

Socialising with others is an important part of a child's development stage. Young children also develop and mature a lot over a few months and as they grow up, their friendships become increasingly important. We know however that over the last few months, keeping those relationships for little ones has been tough.



If possible, and if you feel comfortable, it is good to get children socialising again as soon as possible.

Children's social and emotional development is really important, so building play opportunities into every day routines can help children see socialising as normal again. This is a great way for children to interact with each other and rebuild those friendships, as well as give them confidence when seeing family they have not seen for a while.



AMANDA'S TOP TIPS

1.

Find activities that encourage social skills – sharing, competing, cooperating, turn taking etc.



4.

Make sure your children have a balanced approach to play – plenty of active, social, imaginative play, and also some quiet time for concentrating on something. For example, while board games are great for improving logic skills and learning to win or lose well, educational toys can boost confidence before returning to school

3.

Start with arranging to meet one friend outside for a playdate and encourage the children to play outside - in the garden or nearby park



2.

Create a lock down memory jar or a scrap book of positive memories from the last few months

5.

Role play going back to school – either dressing up yourselves or with small figures such as Playmobil or Sylvanian Families – it's a great way to uncover any worries or questions your child may have

7.

Let the children lead the conversation – always leave the door open for them to ask another question but keep answers to simple and honest, they are bound to be confused about their new routine. Ask them what they think/know so you can adapt your answer to make it relevant and age appropriate



6.

Make sure there are plenty of opportunities for natural communication – play is a great facilitator, so is being in a car together, or going for a walk, preparing a meal together etc. Keeping the communication flowing will help children feel able to ask any questions

8.

Start to introduce routines that will work when children go back to school – getting up, meal times, bed times etc.

FUN AND GAMES

TO PLAY WHEN PREPARING OR STARTING TO SOCIALISE AGAIN

Here you'll find some great ideas for solo play as well as ideas for when your little ones start to meet-up with friends again. Some of these games can even be played virtually so they can keep in touch with friends and family, no matter how far away they live or the situation you feel comfortable with.



1.

PLAYING TEACHER

PLAYERS:

One or more

KIT:

White board or pad (tablet if done virtually)

HOW TO PLAY:

Task your child with teaching their friends a lesson or a new skill – it could be a magic trick or all about their favourite topic. This can be done in person or online and helps build their confidence.

BENEFITS:

- ✓ Builds confidence
- ✓ Reminds them of a school experience and their friends
- ✓ Allows them to address any concerns or questions they have around returning to school



2.

TEDDY BEAR'S FRIENDS PICNIC

PLAYERS:

One or more (plus lots of teddies)

KIT:

Teddies, a rug, plates, bowls, cups and toy food if you have any (plus a couple of packs of Pom-Bear for hungry guests)

HOW TO PLAY:

Set up a picnic, complete with lots of teddy bears. Encourage the children to name the teddies after their friends (who aren't there) and introduce them to each other saying one fact about the person or something they love about their friends. Let them be responsible for the table manners of their teddies throughout.

Don't forget your pack of Pom-Bear for hungry guests at the picnic!



BENEFITS:

- ✓ Gives the responsibility of teaching manners to the children, and reminds them of the names of their friends and what they like about them
- ✓ Allows children to plan the picnic together and collaborate on layout, guests and menu!
- ✓ Children can use the teddy bears to role play before meeting up with their friends
- ✓ Teddy bears can also be used as a way of communicating how children are feeling

3.

INVENTION GAME

PLAYERS:

Two or more

KIT:

Your imagination

HOW TO PLAY:

Begin by telling your children all about the amazing children's inventions e.g. the trampoline was invented by a 16 year old, the ice lolly was invented by an 11 year old boy in 1905

Next, challenge everyone to come up with their own invention which they would have liked to have in lockdown – maybe a robot dog that does your homework? Then let them 'pitch' their inventions to their friends and everyone vote for their favourite.

BENEFITS:

- ✓ Inspires creativity and imaginative thinking
- ✓ Encourages friends to listen to each other and appreciate their ideas
- ✓ Opens children's minds to amazing real-life possibilities

Why not add crayons to the mix to get everyone to draw their inventions!



Can be done via video so is a great way for keeping in touch with friends who you can't see in person

4.

VIRTUAL SHOW AND TELL

with Friends

PLAYERS:

Two or more

KIT:

iPad or similar

HOW TO PLAY:

Once everyone is on the video call, explain that there will be a number of rounds in which everyone will show and tell something for each category.

Example categories could be:

- Something you have made or learnt in lockdown
- Put on an outfit that you think someone on this call would find funny and why
- A toy that you think someone on this call would like and why



BENEFITS:

- ✓ A great way to think of others
- ✓ Children will remind themselves what their friends are into, what toys they like and what they find funny
- ✓ This also allows children to proudly show what they have put thought and effort into during lockdown but haven't had a chance to share with others

A very fun game that can be played virtually or in person, great for friends that are further away / may be shielding.

5.

MASKED DRESS UP

PLAYERS:

One or more

KIT:

Fancy dress costumes, masks

HOW TO PLAY:

Playing dress up with masks is a fun way to build back your little ones' confidence. Why not dress up as their favourite masked character, whether that's superheroes, storybook characters or animal faces! You could also turn this into a fun, crafting activity by decorating the masks with your children – not only is this fun but also a cost-effective way to create dress up too.



BENEFITS:

- ✓ Builds confidence
- ✓ Develops imagination



6.

INTERACTIVE STORYTIME

PLAYERS:

Two or more family members

KIT:

Tablet/smart phone and story book

HOW TO PLAY:

Dial up the fun of video-chat story time by setting challenges. Your children are tasked to go and find certain objects which their grandparents call out during the story – might not be one for the bedtime story though! Once the story is finished, the child can make up their own story using the same objects as prompts and tell it to another family member.

BENEFITS:

- ✓ Supports attachment to extended family members
- ✓ Promotes listening and comprehension, and may help with vocabulary
- ✓ Encourages activity during screen time



THE PERFECT SNACK WITH FRIENDS

Make sure your Pom-Bear supplies are well stocked:

As meet-ups with friends become more frequent, make sure you keep your Pom-Bear supplies well stocked for those overdue catch ups. Single packs are perfect for little hands and also ensure that there is no need to share – so whether it is at a picnic or just a catch up with friends, Pom-Bear is the perfect snack. Pom-Bear contains no artificial colours or flavours, is gluten-free and has under 100 calories per bag – it is light but fun and tasty, and suitable for kids and adults alike!



ORIGINAL



CHEESE & ONION



SALT & VINEGAR

Did you know that you can recycle your used Pom-Bear packets through the TerraCycle scheme? Visit www.Terracycle.com for more info!



Need some more inspiration?

Hop over to the Pom-Bear Facebook page: www.facebook.com/PomBearUK/
and be sure to share your own tips and tricks.

We hope that you found this guide useful!

We would love to see photos of you in action so make sure you tag us on social media
using [@PomBearUK](https://twitter.com/PomBearUK) and [#PomBearAndPals](https://www.instagram.com/PomBearUK)

