

July's Wellbeing Newsletter



Top tips for enjoying the Holidays

Make a list with 4 headings: Free, home, small cost, expensive. Go through and put all the activities that you can think of under their appropriate headers. For free things think about baking, local parks you can go to, walks to go on and things that will not cost a penny.

Plan your days. By planning it means you won't be stuck for things to do and it will help you plan your finances and time.

Be prepared. Stock up on things your going to need for the break.

Be kind to yourself. This is the most important one. Your children will remember the time they spent with you. Do not put pressure on yourself to entertain them 24/7. Let them be bored and entertain themselves. Do simple things with them like go for a walk and chat. Make memories in what ever way you can this summer and do not feel pressured.

TRANSITION TIME

It's the time of year that the children are all thinking about transitions, either to another class or another school.

Transitions of any kind are exciting but can also be stressful and worrying. Keep a look out for a change in sleeping or eating habits. As a parent be part of their solution. There are a number of things you can do to support your child. Help them plan, problem solve or develop a sense of hope for the future.

