



Parent Pages

July 2026

Welcome back to the latest edition of **Parent Pages**. As we look forward to the summer holidays; a break from early mornings and routine, the school holidays brings a mix of chaos, excitement and possibly worry for the weeks that lie ahead. This edition **'No school, stay cool!'** offers simple, practical ideas to support you (and your child/ren) in managing the summer holidays, whilst trying to stay cool, calm and collected. Something that isn't always easy to do when you are trying to manage the work life balance with children running around all day every day. I hope you find these suggestions help balance fun, relaxation and possibly even some learning along the way!

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below. I hope you all enjoy a fantastic summer break and I look forward to seeing you all in September refreshed and ready to start the adventure of the next school year!

Best wishes,
Katie Kirby,
Family Support Worker



Parent Focus - No school, stay cool!



It happens to us all, the excitement the end of the school year brings. Walking out the gates for the last time, carrying all the bags and creations the children have brought home. Saying 'goodbye' to staff and classmates, the sunshine and it's welcomed warmth, the anticipation of spending time together making memories and then day one hits. The children are squabbling, you panic about what to do and how you will get through the next few weeks that seem to stretch on ahead. Below are some tips to help you try to maintain your cool, whilst also making memories.

- ◇ Create a flexible routine - Children **thrive on routine**, it helps them to feel safe, reduces anxiety and builds independence. When they know what to expect, it gives them a sense of control which can in turn support their behaviour (and potentially reduce those 'meltdown' moments).
- ◇ **Keep busy** without breaking the bank - Not everyday needs to be an expensive day out. Invite friends for a playdate, (you could even take turns to give both parents a break!) go to the park, have an arts and crafts or a movie afternoon.
- ◇ Get outside - Get a vitamin D hit and enjoy the sunshine and fresh air. Make a den in the forest, plant some herbs, or simply get the paddling pool out. Not only **is fresh air** and movement key for our physical and mental **well-being** it will also help your child burn off energy, which often results in them sleeping better.
- ◇ Look after well-being (yours and your child) - Have regular check ins with how they are feeling to **keep communication open**. Try not to over book or over commit; make time for quiet activities such as reading, colouring and quiet play. Be aware of your own emotions and be sure to check in with others. Take a break when you can, whether that's leaving the room to count to ten, having a cup of tea in the garden after the children have gone to bed, or taking time to leave the house by yourself, if someone else is able to care for the children.
- ◇ Make time for **family moments** - not every moment will be filled with joy (and that's ok and very normal!) but there are some that will. This can be a simple picnic in the park, or a bike ride at dusk. These small (and often seemingly insignificant) moments together can easily become treasured memories.
- ◇ Pick your battles - If we pick up on every annoyance and every small thing our child has done wrong, it will obviously make them angry, ultimately leading to arguments and stress on both sides. Learn to **let the small things go** and focus on what really matters to you (the non negotiables).
- ◇ Give yourself Grace - **Be kind to yourself**. Yes the house may be more untidy that you would usually like it, but you probably have less time than you normally would to get things done. As long as it is not unsafe, try to relax your usual expectations for the time being.
- ◇ Have a social media break - **Doom scrolling** is not good for our mental health. We see these picture perfect houses, smiling, happy children and meals cooked from scratch. People don't post the 'unimportant' or the 'normal life'. Bare in mind people post highlights, not the mundane day to day, siblings squabbling, untidy houses and chaos. Try not to compare yourself, your mental health will thank you for it!

If you would like more tips on 'Keeping your cool' this summer click [here](#) for advice from NSPCC.

Mrs Katie Kirby - Family Support Worker

email: fsw@westfieldsfederation.org.uk

Tel: 01252 408218

Local events and places to visit...

In addition to these there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click the images or links for more information.



Quick reference family support & helplines....

Useful websites...

If you find yourself needing support click the links below for information you may find useful:

- ⇒ [RISE](#) 
- ⇒ [Anna Freud](#) 
- ⇒ [Cauldwell Children](#) 

Helpline... SANE



SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. The helpline is open 365 days a year from 4pm to 10pm on **0300 304 7000**. We know that moment of crisis is different for everybody – some people can reach that point daily, and for some people it is a rare occurrence. Alternatively, visit their website: [Sane.org.uk](https://www.sane.org.uk)

Podcast Recommendation of the Month... Raising Good Humans

Click [here](#) for Spotify

Click [here](#) for Apple Podcasts



This podcast is by Dr. Aliza Pressman, developmental psychologist, NYT bestselling author of *The Five Principles of Parenting: Your Essential Guide to Raising Good Humans*, Associate Clinical Professor, and Co-Founder of the Mount Sinai Parenting Centre. Each episode, goes deep (but brief) with both experts and parents to share the most effective approaches and tools and talk about the important bigger picture of raising good humans. Her goal is to make your parenting journey less overwhelming and a lot more joyful!

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to email me and I will do my best to include requests...