



# Parent Pages

April 2026



Welcome to the latest edition of **Parent Pages**. This edition 'Supporting you, supporting them' focuses on parent well-being; how to manage your own mental health and prevent burnout. Taking care of yourself is not a luxury, it's an important part of caring for your child(ren). You cannot pour from an empty cup and with the constant demand from work, children and managing home life, we can start to feel the pressure and become overwhelmed. Parent burn out is real, take time for yourself to enjoy hobbies, relax and socialise with friends. We need to give ourselves a chance to recharge and reflect so that we are able to support our families. Even small moments of rest and reflection can have a positive impact, not only on you but on your whole family.

Children are highly attuned to us and the adults around them. Our well-being can have a direct impact on their sense of security, behaviour and emotional development. When we feel supported, rested and emotionally balanced, we are better able to respond calmly to challenges, build strong relationships with our children and create a positive home environment. Therefore investing in your own mental health is an important investment in your family's overall well-being.

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.

Wishing you a wonderful Easter break,

Katie Kirby,  
Family Support Worker



## Parent Focus ~ Supporting you, supporting them



As parents we give so much of ourselves to others every single day. Children, colleagues, friends, pets even! It can often seem like everyone wants a piece of us. Our role is important, constant, demanding and at times can feel a thankless task. In the midst of caring for everyone else, it's easy to overlook ourselves and sink to the bottom of the pile. We are very quick to try and problem solve when it comes to our children, however we let ourselves fall by the wayside, often thinking there is not enough time for us. However, looking after ourselves and our own well-being is not a luxury; it is a necessity! When we have time to step away, take a breath and look after us, we are better equipped to support our children to thrive.

We may get to a point where we feel stressed, overwhelmed and caught up in the monotony of day-to-day life. Taxiing children from one club to the next, accommodating playdates, planning birthdays, shopping, tidying, cleaning... It is so easy to get caught up and keep pushing yourself onto the next thing. Before you realise it you are exhausted, irritable and completely saturated. This could be a sign of burn out. Burnout does not happen overnight, it can build gradually and may show up as:

- Constant fatigue, even after rest
- Feeling overwhelmed or irritable
- Loss of motivation or enjoyment
- Difficulty concentrating
- Changes in sleep or appetite

Recognising the early signs is the first step toward making positive changes. Once you realise you are edging towards maximum capacity, try some of the following to try and prevent yourself feeling completely frazzled and burnt out:

1. **Allow yourself to pause and reset** - Even short breaks throughout the day can help; a cup of tea in peace, sitting outside in the sunshine (fingers crossed we see some this Easter!) or a few minutes of quiet can really help to reset your mind.
2. **Lower the bar** - Not everything has to be perfect. Some days 'good enough' is enough. Prioritise what truly matters to ease unnecessary pressure and try not to compare yourself to others. There is only one you! Remember there is no such thing as a perfect parent, so just be a real one.
3. **Stay connected** - Talking to someone can make a huge difference. Sharing experiences with others reminds us that we are not alone. Everyone has their own internal struggles and when we share these we can normalise and share the weight of parenting.
4. **Be realistic** - Balancing work, home and parenting is challenging. Be kind to yourself about what you can realistically achieve in a day and don't punish yourself if you don't always achieve everything you set out to.
5. **Create small moments of joy** - Whether that is listening to music, reading, exercising or enjoying a hobby, making time for things you enjoy helps restore energy and perspective.

Children learn a great deal from what they see. By taking care of your own mental health, you are also modelling to them valuable life skills such as how to manage stress, set boundaries and value self-care. If you're feeling persistently low, anxious or overwhelmed, please speak to your GP or you can self refer to TalkPlus [here](#).

Parenting is one of the **most rewarding** roles, but it is also one of the most demanding. Taking care of **yourself** is not stepping away from your responsibilities it is **strengthening** your ability to meet them. Supporting yourself is one of the most powerful ways you can support your child. You are doing more than you realise and it is okay to need support too.

**Mrs Katie Kirby - Family Support Worker**

email: [fsw@westfieldsfederation.org.uk](mailto: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.



**Easter**  
springtime story trail

Saturday 28 March  
to Saturday 11 April

Plus...

the White Hare's  
crafty corner

Sat 28 Mar Aldershot 10am to 3pm  
Sun 29 Mar Farnborough 10am to 3pm

[www.rushmoor.gov.uk/easter](http://www.rushmoor.gov.uk/easter)



**Easter Fun at Surrey Heath Museum**

Wednesday 8th April 26 - 11am to 12:30pm

£4 per child - [Book in Advance](#)

Bring your curiosity and become a fossil detective as you examine ancient specimens, discover how fossils are formed, and ask our expert all your dinosaur and fossil questions! Perfect for curious children who love dinosaurs, rocks, and uncovering the secrets of the past.

33 Obelisk Way, The Square, Camberley, Surrey GU15 3SG  
Tel: 01276 23771, email: [museum@surreyheath.gov.uk](mailto:museum@surreyheath.gov.uk), [www.surreyheathmuseum.com](http://www.surreyheathmuseum.com)  
Open: Tue-Sat, 11am to 4:30pm. FREE Entry



**Wildfire Awareness Week**

Monday 30th March - Friday 3rd April 2026

FREE activities for kids!

FREE - Suitable for all - Drop-in - Dogs welcome



**YATELEY COMMON**  
**EASTER EGG HUNT**

APRIL 3, 2026

10.00AM TO 11.00AM  
11.00AM TO 12.00PM  
12.00PM TO 1.00PM

£6.50 PER CHILD

Find out more on [www.yateley.gov.uk](#)



**A PETER RABBIT™  
SPRINGTIME ADVENTURE**

Saturday 28 March  
to Sunday 12 April 2026

EASTER FUN FOR THE WHOLE FAMILY AT MILESTONES!

MILESTONES  
LIVING HISTORY MUSEUM



**Wednesday 1st April 2026**

At High Cross  
Knoll road  
Camberley.  
GU15 3SY

**Basil & Crew Mobile Farm**

**Family Funday**

**Farm opening times**  
10:00am-Mid-day

**Entry to the Farm**  
£3 (Adults and children 11 and over)  
£1 (ages 3-10)  
FREE (ages 0-2)

**Bags of animal feed**  
50p

**Parking**  
• Knoll road car park.  
• No1, No34, No11 bus Stops in Knoll road.  
• Train station Short walk away.

**Build some Lego and Toilets Available**

**Baby changing rooms and Toilets Available**

Knoll Road, Camberley, GU15 3SY ☎01276 66798 ✉[loffice@highcross.org.uk](mailto:loffice@highcross.org.uk)

## Quick reference family support & helplines....

### Useful websites...

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

- ⇒ [My Parent Hub](#) 
- ⇒ [Mentalhealth.org.uk](http://Mentalhealth.org.uk) 
- ⇒ [Youngminds.org.uk/parents](http://Youngminds.org.uk/parents) 

### Helpline... Parent Zone Crisis Messenger

Do you need help now? Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can **text PARENTZONE to 85258**.

Parent zone know that finding the right support is important, especially if you need someone to talk to right now. This aim to connect every texter to a trained volunteer promptly to provide crisis help. The volunteer will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better. For more information visit their website: [parentzone.org.uk/parents](http://parentzone.org.uk/parents)

## App Recommendation of the Month... The Compassionate Parent

[Click here for Apple/iOS](#)



[Click here for Android](#)

The Compassionate Parent App has been developed by a Clinical Psychologist and draws upon evidence-based strategies from Cognitive Behaviour Therapy (CBT) and Positive Psychology theories to offer mental health support in your parenting journey.

The Compassionate Parent App aims to provide parents and families with tools for positive parent-child interactions, to support parental well-being and flourishing mental health.

Within the app parents are given the opportunity to build a toolbox of strategies to assist in maintaining perspective, managing expectations and keeping positive. Using mindfulness (including guided meditation practices) and positive psychology techniques, The Compassionate Parent App provides an opportunity to recognise and magnify the positive experiences of ones parenting journey and parent child connection.

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