



Parent Pages

December 2025



Welcome to the latest edition of **Parent Pages**. The big day is nearly upon us and whilst Christmas can be a magical time full of happiness, Santa visits and spending time with family and friends, this is not always the case for everyone. The lack of routine and pressure we feel to make every moment special or 'Instagram perfect' can cause us to feel as though we are 'not good enough'. As every holiday break tends to bring, we may also feel an element of stress and financial strain upon us. This edition '**Holiday Harmony**' offers some tips to help you remain merry and bright all the way through until January. However if you do feel you need extra support during this period, please see the suggested websites and helplines noted for support with debt management and food poverty.

As always, 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 all the best for a wonderful festive break and a very happy start to 2026!

Best wishes,
Katie Kirby,
Family Support Worker



Parent Focus - Holiday Harmony



Christmas can become stressful when we try and do too much, commit too much and buy too much! We need to try and take the time to reflect, rest and spend time with our children, families and friends; remembering **presence** truly is the best **present!** We want to enjoy this time and make some wonderful memories to look back on, not spread ourselves too thin or stress over the small things like trying to find the right Christmas tablecloth. Our children won't remember these details, they will remember you! Yes, we know not every moment is enjoyable but we want more happy memories than ones where we felt frazzled and overstretched. Hopefully the ideas below will help you to have a more enjoyable Christmas and create a less stressful festive time for you to cherish with your family.

- * **Try to keep a flexible routine** - Trying to keep mealtimes roughly the same as well as keeping the same pattern of events (e.g. bath, brush teeth, read and bed) will help your child feel secure and happy.
- * **Don't be afraid to say no** - Christmas can be a particularly difficult time for parents, particularly those of neurodivergent children, who may struggle with the change, lack of routine, and overwhelm of **too** many people, lights, sounds and smells. Don't be afraid to say no to seeing people or doing activities if you feel it is too much for your child (or you!) to cope with. As we know if our children are struggling we are not able to enjoy the moment anyway.
- * **Have some free or low cost activities** easily available for you to whip out when the children start complaining they're bored, or you want to get in the Christmas crafting spirit - Do some baking, create paper snowflakes, watch a Christmas movie or wrap up warm and go on an after dark walk to look at the local Christmas lights.
- * **Embrace realism** - Not everyday will be picture perfect. Some days the children will be in their pyjamas until the afternoon, some days you won't leave the house at all. Allow yourself to be you in the moment and not judge yourself (or your family) by everyone else's standards (or social media posts!).
- * **Build in time for you** - The busiest time of the year for all of us is Christmas and even Santa needs to rest up before the big day. Give yourself a chance to breathe, relax, meet a friend, take a walk. You are allowed time for you!
- * **Share the load** - Everyone's happiness does not depend on you and you alone. Ask for help, whether that's Auntie bringing the pigs in blankets or Grandma entertaining the children, you do not need to do this alone.
- * **Enjoy quiet time between activities** - Try to schedule 'off days' where the children can enjoy playing with their gifts and you don't make set plans. The pressure is off and you can enjoy a break from the hustle and bustle that this time of year brings.
- * **Reflect** - Reflect on the year gone by and the memories made. Sit with the children and look back at photos from the last year. Talk about favourite memories or places visited and your hopes for the year ahead.

Christmas can be difficult for some people, whether that's financially or emotionally. If you are finding this time of year challenging this year please click [here](#) for advice from Mind.

Mrs Katie Kirby - Family Support Worker

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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



School Nursing Team update



We are so lucky to have the School Nursing Team visit us once a month to offer a drop in clinic for parents across The Federation. A great place to ask questions and address concerns.

This could be anything from; sleep and behaviour, healthy lifestyle, toileting, staying safe, emotional wellbeing, and health conditions. These sessions are held at Westfields Infants School and are open from 8.30am-9am. No need to book, just pop into the office at The Infants School on the day.

Please see below the first dates for this year and pay them a visit:

- Thursday 22nd January
- Thursday 26th February

In addition to this the school nurses can see children on a one to one basis, with prior arrangement by myself. Please do get in touch if you feel your child would benefit from one of these sessions.

Quick reference family support & helplines....

Useful websites...

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

- ⇒ [MoneyHelper.org.uk](https://www.moneyhelper.org.uk)
- ⇒ [MoneyWellness.com](https://www.moneywellness.com)
- ⇒ [Zero Hunger](https://www.zero-hunger.org.uk)

Helpline... StepChange

StepChange help hundreds of thousands of people each year by finding the right ways to sort out their debts. They offer free debt advice via a range of solutions, tools and resources for people across the UK who are worried about money. StepChange are registered with the Financial Conduct Authority.

If you would like support on debt management contact StepChange on **0800 138 1111**. Lines are open Monday to Friday 8am to 8pm and Saturday 9am to 2pm or visit the website:

[Stepchange.org](https://www.stepchange.org)

Podcast Recommendation of the Month... SENDcast

[Click here for Apple Podcasts](#)

[Click here for Spotify](#)



[Click here to listen on the SENDcast Website](#)

The SENDcast is a free weekly podcast focusing on Special Educational Needs and Disability (SEND). It can help you to keep up to date with policy changes, best practices and improve your knowledge. The SENDcast is a multi-award-winning podcast featuring SEND experts as guest speakers who share their advice and expertise each week. With over 260 episodes and 460,000 downloads, the SENDcast has proven to be a great resource for both schools and parents.

Accessible and informative, it is a go-to platform for staying up to date and gaining insights into the ever-evolving world of SEND.

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...