



Parent Pages

May 2026

Welcome to the latest edition of **Parent Pages** and the first one of the Summer term! This edition '**Open Ears, Open Hearts**' As parents we often tell our children to listen to us, for a variety of reasons, but do we really take the time to listen to them?

I am sure we are all guilty of nodding along to their endless chatter from time to time with a "wow, that's brilliant" (or similar) to act as if we are paying attention. It can be challenging when they are wanting to show you their most recent build on Minecraft for the tenth time that day or whining about their sibling annoying them. On top of that we (as parents) are busier than ever trying to balance busy lives with work, childcare, meal planning, 'keeping house' and taking care of our children's emotional wellbeing, as well as our own. How often do we take the time to really connect with our children and ensure they feel heard and valued? If your boss mindlessly nodded along in your presentation without paying any real attention to what you were saying, how long before you get fed up and stop making the effort? If we don't take the time to listen to our children now, they may stop sharing information as they get older and their level of independence increases (when we really need to know what's going on). Setting aside a small amount of time a day to put your phone down, ignore any distractions and connect with your child will benefit not only your relationship but your child's self esteem and emotional 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.

Katie Kirby,
Family Support Worker



Parent Focus ~ Open Ears, Open Hearts



Listening to our children is one of the most powerful ways we can support their emotional and social development. In a world that often feels rushed and distracted, taking the time to truly hear what our children are saying sends the message that **you matter**. When children feel heard, they are more likely to express themselves openly, building trust with you and developing confidence in their own thoughts and feelings.

Active listening goes beyond hearing the physical words. It involves giving your full attention, making eye contact and responding. Small, simple habits like putting down your phone, pausing what you're doing, and acknowledging their feelings can make a huge difference to what they tell you and how they respond when you want them to listen to you. They are more likely to listen (and hopefully cooperate!) with you if you have a relationship where you can listen to each other.

Children who feel listened to are more likely to develop healthy communication skills, stronger emotional regulation and deeper relationships with others. They are also more likely to come to us with bigger concerns as they grow older, knowing they will be met with warmth and respect rather than judgment. You don't need to have all the answers, you just need to be present and provide a safe space to search for them together; nurturing that trust and connection will last a lifetime.

As well as putting our phones (and other distractions) away, other tips you could try to ensure your child feels truly heard are:

- Get down to their level and make eye contact to help create a sense of **safety** and **connection**.
- Don't **interrupt** them - It can be hard not to jump in and offer advice but by letting your child finish can build confidence and respect.
- Ask open ended **questions** which encourage deeper conversation and support problem solving.
- Think before you react - If your child is regularly met with anger, overreaction or dismissal they may stop sharing altogether. Staying calm keeps the lines of communication open.
- Reflect and validate their feelings (for example; 'I can see why you would be upset by that' or 'that sounds difficult'), acknowledging their feelings allows them to feel heard and understood and can be more powerful than necessarily finding a solution. This helps children feel understood rather than dismissed.
- Create **regular moments** of communication, this could be a car journey, bedtime or playing a game together.
- Avoid rushing to find an answer, ask your child, 'Would you like me to help you solve the problem or just listen?' This shows your child you respect their wishes, will listen to their opinion and may **prompt** them to problem solve **independently**.

For more information on improving communication with your children, click [here](#) for an information booklet from the NSPCC.

Mrs Katie Kirby - Family Support Worker

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Local events and places to visit...

If you are looking for some family fun, in addition to these there are other local 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.

FARNBOROUGH AND RUSHMOOR ROTARY CLUBS
FARNBOROUGH AND DONKEY DERBY 2026
 Donkey Races, Fun Fair, Miller's Ark and much more!
£2.50 ADULT, £1 CHILD
 MONDAY May 25th 2026
 START AT 12:00 pm - 5:00 pm
 King George V Playing Field, Sycamore Road, Farnborough
 more info on [Local Family Events](https://localfamilyevents.com)
[HTTPS://LOCALFAMILYEVENTS](https://localfamilyevents.com)

Wokingham May Fayre
 Bank Holiday 4th May 2026 10am-5pm.
 Organised by Wokingham Lions Club.
 Stalls ★ Funfair ★ Food & Drink
 Live Entertainment ★ Live Music
 Children's Farm ★ Train Ride ★ Morris Dancers
Elms Field & Wokingham Town Centre
 CLIFTON INGRAM Wokingham Town Council Wokingham Society MRS ANIE CURTIS Blandy & Blandy

VILLAGE AT WAR
 Rural Life Living Museum
 Saturday 9th and Sunday 10th May
 10:00 - 16:00
 Perfect for families, history lovers & anyone curious about life during WWII.
 Authentic camps, vehicles & re-enactors in full costume.
 Live music, jive dancing & the bustle of the NAAFI.
 Meet British & American troops as they train and prepare for battle.
 The Rural Life Living Museum, The Reeds Road, Tilford, Farnham, Surrey, GU10 2DL
www.rural-life.org.uk

Yateley & District Lions Club
MAY FAYRE
 Monday, 4th May 2026
 Yateley Green GU46 7RP
 10:30am - 5pm
 Featuring the following:
Stannage Stunt Team
Bob Hogg Sheepdog & Ducks Display
 Stalls Attractions Entertainment Refreshments
 Family Fun Races Fun Dog Show
Car Boot Sale Cars £15/Vans £20 - pay on the day
Yateley Vehicle Show Bookings now open (subject to space)
 Free entry
 Enquiries: yateleylions.co.uk
 Stalls: Events@yateleylions.co.uk
 Car Show: carshow@yateleylions.co.uk
 Follow us on Facebook for updates
www.yateleylions.co.uk
 Yateley Lions May Fayre

We're Going on a Bear Hunt
 We're Going on a Bear Hunt, is coming to The Wyne 16 May - 28 June, 10am-4pm. Get ready to swish, splash and squelch your way through the new sensory trail to find the bear.
 Activate Windows

PUP-STONBURY
 SAT 2nd SUN 3rd & MON 4th MAY 2026
 A WEEKEND TO CELEBRATE A DOG FRIENDLY CAMBERLEY
 10:30AM - 4:30PM EACH DAY
 GRASS AREA OUTSIDE SAINSBURYS
 PLAY AREA SESSIONS
 POOCH ACTIVITIES
 BREED MEET UPS
 PUP CUP BAR & PAW TISSERIE
FULL LINE UP TO BE CONFIRMED
 VISIT WWW.LOVEFROMBETTY.CO.UK

Quick reference family support & helplines....

Useful websites...

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

- ⇒ Justparents.co.uk
- ⇒ UNICEF - Parenting
- ⇒ Place 2 be

Helpline... Supportline



Supportline offers confidential emotional support to children, young adults and adults who reside in the UK, by telephone, email and post. They work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life.

Call Supportline on: 01708 765200 currently open Tuesdays, Wednesdays, Thursdays from 6pm to 8pm or visit their website:

supportline.org.uk

App Recommendation of the Month... KidCoach



Click [here](#) to download on either Google Play or Apple

A meaningful chat with your child can take just five minutes a day, doesn't need any preparation and can be had in the car, or on the school run, at the dinner table or wherever a pocket of time pops up. But what to talk about? How can these fleeting moments with our kids be turned into coaching moments that will last a lifetime? Enter KidCoachApp. It's a tool to inspire and help parents have coaching conversations with their children.

KidCoachApp has HUNDREDS of quick, fun and thought-provoking questions that kids love to talk about, e.g. 'What could the next Harry Potter book be called?', 'Would chocolate rain be a good thing?' or 'Is luck a real thing?' Added to every week, these questions are deliberately designed to build a range of 21st century skills and will get kids talking and thinking in fun and new ways.

Good conversations build relationships.

Connection through conversation!

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...