



Parent Pages

November 2025



Welcome to the latest edition of **Parent Pages**. This edition, **'The Friendship Rollercoaster'** offers tips on how to support your child through friendship fallouts. When children fallout it can often impact us as parents, and it can be hard not to take it personally and even feel heartbroken for your child. It is important to remember that children will fallout, this is an integral part of growing up. Children need to navigate their own relationships (positive and negative!) to understand what a good friendship is and how to be a good friend themselves. Children look to us and our relationships; how we manage them and how we cope when we are in conflict. Modelling how to resolve conflict in healthy ways will help shape your child's approach when they encounter conflict within their own relationships.

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.

Best Wishes,
Katie Kirby,
Family Support Worker



Parent Focus ~ The Friendship Rollercoaster



To support our children through difficult times in their friendships we must firstly **separate** their feelings from ours. When our child is hurt, we feel hurt and it may transport us to a time in our lives as a child we felt that same hurt. That's when it gets personal! We need to remember that all relationships have bumps in the road, and how we support our children through these moments depicts how they will manage these for themselves in their future.

If we start to get involved this may cause **irreversible damage** not only to our children's relationships but to our own, remember; children forgive faster than adults. They need space to handle situations with our guidance not our intervention (unless you are concerned about your child's safety!) we need to try and support from the **side-lines**, not rush in and become the referee. If we solve all our children's problems for them we are preventing them from building resilience and problem solving skills which could certainly impair them later in life.

Some top tips to try and remember are:

- **Stay calm and listen** - Listen without interrupting, validate their feelings by naming the emotions. For example "it's okay to feel angry/sad or frustrated". Try not to take sides or discredit their feelings.
- **Help them to reflect** - Ask questions such as; "What would you like to have happened next?" or "I wonder why they did that?"
- **Encourage them to problem solve** - Talk through potential next steps, or role play what they could say the next time they see their friend and help them understand the other persons perspective. For example using, 'I feel' statements rather than 'you always' is less accusatory and attacking. 'I felt left out of the game yesterday, can we try another game today?'
- **Facilitate other friendships** - Try to avoid sticking to one group or person and arrange a playdates with different people.
- **Teach your child boundaries** - Encourage them that it is ok to politely say no or walk away. Ask them what makes a good friend - would it be someone who makes them feel safe and valued?
- **Acknowledge** - Praise your child when they are courageous, kind or have positively dealt with a difficult situation.
- **Model your own healthy relationships** - Be kind, don't gossip about others and know when to hold your boundaries.
- **Spend time together** - Give your child the opportunity to talk if they want to.



For more information click [here](#) for 'My child has friendship issues' from Place2be.

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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 information:



School Nursing Team Update...

We continue to be so lucky to have the **School Nursing Team** visit us once a month to offer a drop in clinic for parents across our 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 Infant School** and are open from **8.30am-9.00am**. No need to book, just pop into the office at Westfields Infant School on the day; remaining dates for this term to pay them a visit are:

- **Friday 28th November**

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:

- ⇒ [Breakout Youth](#)
- ⇒ [NAPAC](#)
- ⇒ [Recovery College Online](#)



Helpline... The Oasis



The Oasis is a welcoming, out-of-hours adult drop-in service designed to provide immediate mental health support when you need it most.

Drop-In – Visit any time between 18:30 – 21:30. No appointment is needed, just walk in and speak to a support worker.

Call: Book a call appointment on: **0800 772 0527**.

Text: **07879 376286** to arrange a Zoom or phone call to support you in a way that works best for you.

For more information visit the website by clicking [here](#).

Podcast Recommendation of the Month... Motherkind

[Click here for Amazon Music](#)

[Click here for Apple Podcasts](#)



[Click here for Spotify](#)

Motherhood is incredible. It's also incredibly challenging, especially with the highly pressured, fast paced world we live in today. Each episode features a different teacher from the world of self development and well-being or a mum on a path of self-enquiry. Topics cover everything from staying calm in a toddler meltdown, and dealing with anxiety, to self-care and simple tools to help you have a better day.

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...