



# Parent Pages

January 2026



Welcome back to the latest edition of **Parent Pages**, I hope everyone enjoyed the festive break. This edition 'Small habits, big wins!' focuses on simple changes you can make that are easy to stick with and actually work. Little tweaks in routines, small mindset shifts, and tiny moments of consistency can lead to meaningful growth over time. From building stronger family connections to supporting learning, wellbeing, and harmony at home, small habits truly can create big wins.

That could be renewed family goal setting to align with the start of the year (and adding to your New Years Resolutions!) or resetting household routines to support with sleep, technology and devices or meals. Every families goals will be different from each other as we all have different interests, beliefs and ways of life.

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 ~ Small Habits, Big Wins!



Happy New Year! As we move into 2026, you may be thinking about ways to make this year better than the last. One of the most powerful ways to improve not just our lives, but the lives of our children, is by making small, manageable changes or habits that can lead to big changes over time. We know that as parents, life can get hectic, but it's the **little things** we do every day that can make a world of difference.

People often say, "new year, new start", because the new year brings a sense of possibility, change and new beginnings. That does not mean a big overhaul is needed, it's actually the **simple changes** that are easier to stick with and mean we are more likely to achieve them, which ultimately leads to the **biggest difference** for our families.

Here are a few tips to help you install small, positive habits that can yield big wins this year for you and your family:

- **Connect and combine ideas** – Decide on what you want to achieve as a family, get the children involved, develop ideas and set goals together. If everybody has input and feels included, they are more likely to want to work towards achieving the end objective.
- **Start small** – It's easy to get carried away when setting New Years resolutions, don't set too many or make big changes straight away. Break goals down into manageable tasks as otherwise you could feel overwhelmed, frustrated, burnt out and frazzled before February even arrives! Small changes could look like having five minutes to yourself each day, or having one 'unplugged' evening a week where everyone comes off their devices to interact with each other, without interruption.
- **Consistency is key** – Small habits, when maintained and delivered consistently compound and evolve over time. A quick daily walk, a few minutes to yourself each day or one meat free day a week can lead to big transformations.
- **Be the change** – As parents, we are our children's first teachers and role models. The habits we create and build are reflected through our children. If you want to install healthy habits in your children be sure to model them yourself whether that's leading a healthy lifestyle, setting boundaries or prioritising self-care, **your actions speak louder than words**.
- **Deliver together** – You have set the goals together, now let the children join in and take part. If your goal is to prioritise meal planning or healthy eating, let them contribute to the menu and assist you in preparing the dinner. The best way to build habits that will last is to create a family culture around them.
- **Celebrate the wins!** – No matter how small the win is, take time to celebrate and reflect on the changes you have made. This will help to keep you motivated and remind you of the progress you're making. Positive reinforcement helps cement good habits, and it is a great way to lead by example to your children.

For information on 'How to help a loved one live a healthy lifestyle' click [here](#) for guidance from The British Heart Foundation.



**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 examples below...



**Disco Skate**  
@ The Harlington, Fleet  
The Harlington have combined with DISCO SKATE to bring the joy of Roller Disco to Fleet!  
6:00pm - 9:00pm  
Bar open with snacks available.  
16th January 2026



**Jump IN!**  
Binfield  
Jump IN! Family Workshops -  
Woodwork Creatures!  
Sat, 17 Jan, 10:30  
Binfield Community Centre  
From £3.00



**HANSEL & GRETEL**  
Hansel & Gretel  
Fri 30 - Sat 31 Jan 2026  
Samuel Cody School  
Farnborough



**Winter Woodland Lights**  
Friday 16 January - Sunday 1 February 2026  
Our magical Winter Woodland Lights event is back! Unlike any light show, or owl flying display, that you will have ever seen before, you'll experience beautiful illuminations and a live owl display set in a stunning, colourful woodland.

## 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-9.00am**. There is no need to book, just pop into the office at The Infants on the day.

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

- **Thursday 26th February**
- **Thursday 26th March**
- **Thursday 23rd April**

In addition to this, the school nurses can see children on a one to one basis about a specific need, 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:

- ⇒ [Happy Maps](#) 
- ⇒ [Best Start in Life](#) 
- ⇒ [Kooth](#) 

### Helpline...

#### [Cruse Bereavement Support](#)



The helpline is run by trained bereavement volunteers, who offer emotional support to anyone affected by grief. You will be given space to talk about your feelings and how you have been coping. The volunteers are completely non-judgemental and won't share what you've told them with anyone else, unless you are in danger. If you would like support on dealing with grief please call free on: **0808 808 1677**. Lines are open Monday, Wednesday, Thursday, Friday 9.30am - 5pm and Tuesday 1pm - 8pm or visit their website: [Cruse.org.uk](http://Cruse.org.uk)

## Podcast Recommendation of the Month...

### Authentic Parenting

[Click here for Apple Podcasts](#)



[Click here for Spotify](#)

[Click here for Amazon music](#)

Break the cycle of generational trauma by doing your own work, connecting to your authentic self. As we raise our children, we grow ourselves. Authentic Parenting is a weekly podcast (with new episodes every Thursday) where Anna Seewald explores how you can find more calm, connection and joy in parenting through the process of self-discovery and inner growth with a trauma informed lens.

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...