

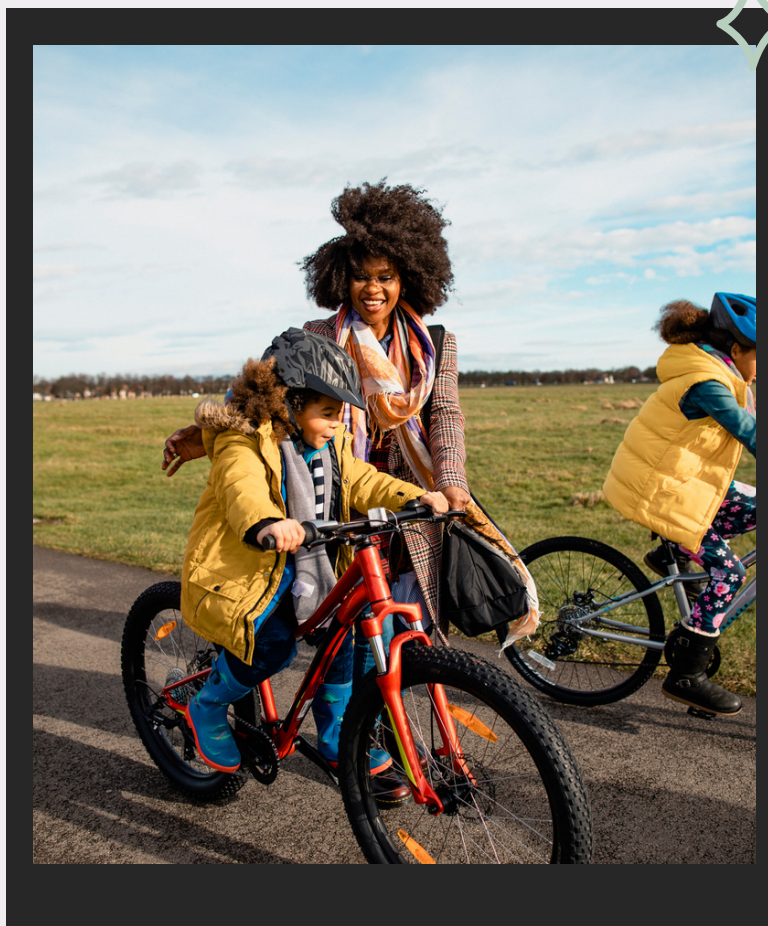
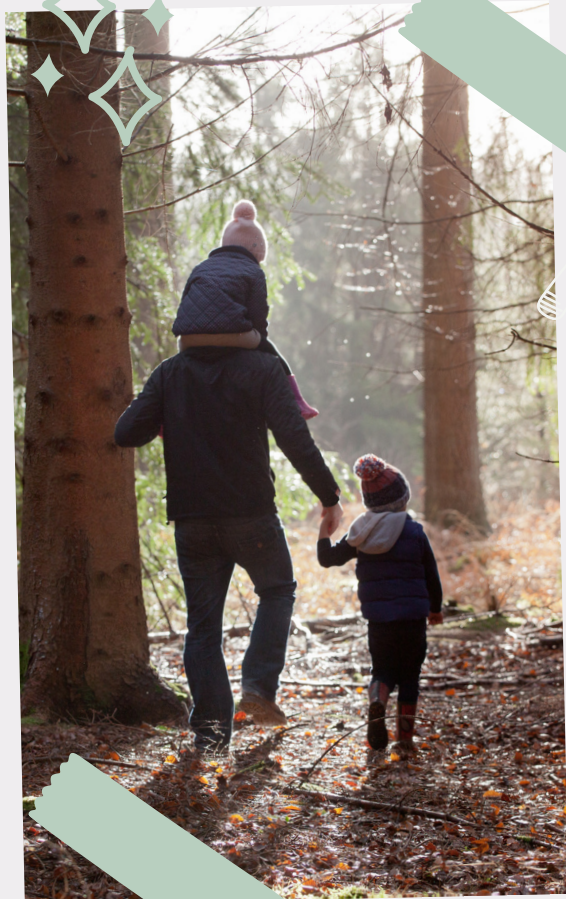
This month's wellbeing edition is linked to: New Year, Clear Mind: Kickstart Your Mental Wellbeing

A Fresh Start for Families: Prioritising Wellbeing Together

As the new year begins, it's a great time to focus on everyday habits that help everyone feel their best—at home and at school. Here are some straightforward ideas to create a calm, supportive environment for you and your children:

Consistent Routines

- Stick to regular bedtimes and mealtimes.
- Aim for a short chat or story before bed to help your child wind down.
- Spending predictable time together—like a Sunday walk or a mid-week family meal—helps everyone feel secure.



Prioritising Wellbeing Together

Open Conversations

- Create space each day for your child to talk about what went well and what worried them.
- Listen without judgment; ask gentle follow-up questions to show you're interested.

Kindness & Patience

- Model kindness by saying please and thank you, even during busy moments.
- When mistakes happen, respond calmly. This teaches children that setbacks can be handled without stress or anger.

Small Self-Care Habits

- Take moments to check in with your own wellbeing; children notice when adults care for themselves too.
- Even a quick stretch or a cup of tea in peace can help you reset.

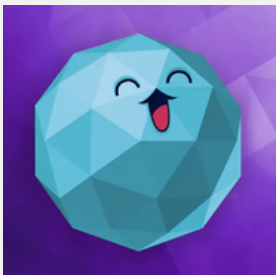


"Useful Website!"

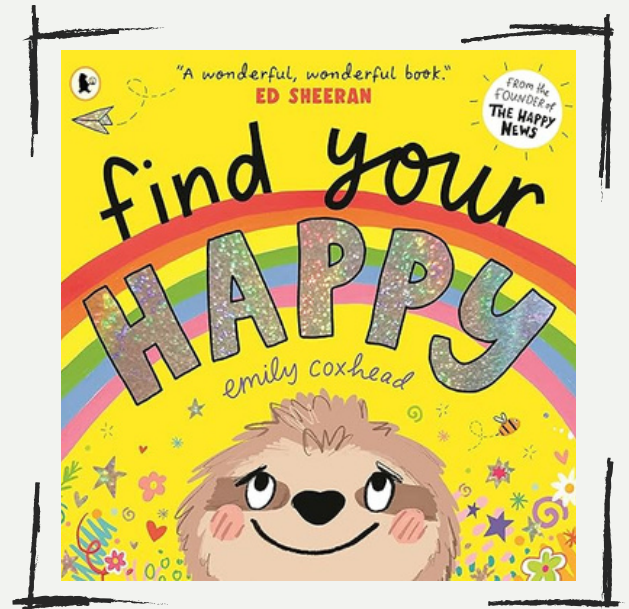
Lots of parents and carers have to balance work and parenting. Some may be looking after their children alone or co-parenting between two households.

Whatever the circumstances, parenting can be hard on our mental health and relationships. We can face challenges with our children around routines, social lives, and behaviour. Still, there are opportunities to get to know our children better, learn new things, and be together as a family.

USEFUL APP OF MONTH:



Mindful Powers™ is an award-winning, kid-first, holistic approach to helping young minds learn and practice mindfulness so they can respond more effectively to stressful situations through the power of play. Built on a skills-based approach that helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety



"Book of the month!"

Feeling happy is a wonderful thing! But do you ever feel sad or angry, frightened or shy? Everyone does sometimes, but with a little help from Sloth and the people you love, there is always a way to FIND YOUR HAPPY!



"A healthy mind is the foundation for a happy life. By nurturing wellbeing together, we can help our children thrive."

