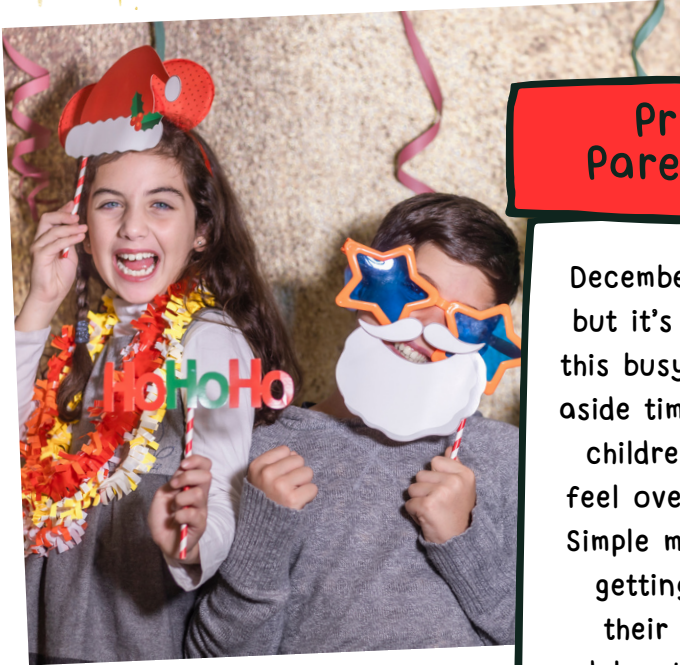


This month's wellbeing edition is about
"Season of Self-Care - Prioritising Mental
Health in December"



Prioritising Mental Health for Parents and Children in December

December can be a whirlwind of holiday excitement, but it's important to prioritise mental health during this busy time. For both parents and children, setting aside time for self-care is essential. Encourage your children to share their feelings, especially if they feel overwhelmed by school or holiday expectations. Simple mindfulness activities, like drawing, baking or getting some fresh air can help children manage their emotions. As a parent, don't be afraid to delegate tasks and take short breaks to recharge, ensuring you're in the best mental space for your family. Prioritising mental well-being helps create a calmer, more joyful season.



Self-Care Practices for Families

Self-care doesn't have to be complicated—it's about finding small ways to take care of your mind and body. Encourage your family to adopt healthy routines, like getting enough sleep and spending quality time together away from screens. Make space for fun activities, like crafting or going on winter walks. These moments can help everyone feel connected and present, reducing holiday stress. It is normal for children and parents/carers to feel overwhelmed and sometimes a quiet day and space from family can be built in to your plans.

Wishing you and your family a restful break

A christmas poem

Little hands, big hearts, and
laughter bright,
In every moment, there's pure
delight.
Take a breath, embrace the
fun,
The magic of December has
just begun.
Amidst it all, don't forget
your care,
For a peaceful you brings
joy to share.

Useful Website-Click here

Supporting your child's wellbeing during the school holidays

We know that this year has been tough for many. Worrying world events and the resulting instability and uncertainty have sometimes felt overwhelming. In addition, the cost of living crisis has hit families hard, and as a parent or carer, you may be worried about the school holidays and how to manage them. With this in mind, we've shared some tips to help you make the holidays as enjoyable as possible, despite the current challenges.

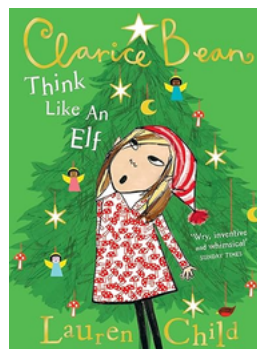


MAY THIS CHRISTMAS BRING YOU
PEACE, JOY, AND THE GIFT OF WELL-
BEING IN EVERY MOMENT

Click here - A wellbeing
christmas advent calendar &
activities



Book of the month - Click Here



Clarice Bean usually looks forward to Christmas. Except this year it is going to be a quiet-ish Christmas in her house, which doesn't feel right because Christmas is all about noisiness and being full up and FAMILY.

