



# WELLBEING NEWSLETTER SUMMER 2025

**Sometimes children find big changes difficult and may feel anxious about a new school/class.**

## Child Anxiety – Top Tips

### Healthy Coping Strategies

Talk to your child about their fears & worries. Learning a list of strategies to use in a moment of anxiety can help children to cope such as deep breathing, using a stress ball, writing it down or counting to 10.



### Respect Your Child's Feelings

Listen and empathise when your child expresses their fears and worries. Avoid saying things such as, "There is nothing to worry about/You will be fine." Let them know you understand how they are feeling.



### Focus on the positives

Children who are anxious can get lost in negative thoughts, self-criticism and worry about future events. Focus on your child's positive qualities; the more regularly you do this the more that it will encourage your child to focus on the positives.



### Stay calm

Children pick up on their parent's emotions. If you're feeling anxious, your child could experience an increase in their own anxiety. Slow down your speech, take deep breaths to relax, & ensure your body language & facial expressions show that you are calm.



# Self-care for Parents and carers

## Ways to put yourself first

### Give yourself permission

It is very easy, as a parent or carer, to prioritise the needs of your family and others ahead of your own wellbeing. But taking time for yourself is not selfish. Everybody needs space to unwind and relax, and giving yourself permission to take some time to recharge your batteries means that you will hopefully have more energy and patience to meet the needs of your family. Start by trying to give yourself 10 minutes each day where you can just sit down, have a cup of tea and take a breather.'

*You often get told to give some time for yourself. This doesn't need to be outside of the house. You can do this however you want, even if its going to the next room and eating some chocolate.'*

### Be kind to yourself

We're sometimes much harder on ourselves in our own thoughts than we would be to anyone else we speak to. Imagine that it's a friend who's in your situation right now instead of you. How would you comfort them? How would you encourage them? Can you speak encouragingly to yourself too?

*'When things aren't going well, I often blame myself. I'm learning to notice when I do it and to try to be kind and gentle with myself. I tell myself I'm doing my best instead of that I'm failing.'*

## How to brighten up a rainy summers day

### Rainy-Day Activity Ideas

**Sing rain songs** or make up your own. Then, sing and dance in the puddles.

**Make the rain flow** in different directions and catch it.  
guttering/pipes, bucket

**Sit under a covering** and listen to the rain.  
parachute, tarpaulin, large umbrella

**Mix things into puddles.**  
paint, washing-up liquid, cooking oil with food colouring

**Collect the rain.**  
containers of differing sizes and shapes

**Draw around puddles** - compare sizes or observe how they shrink/grow.  
chalk

**Play in the mud.** You could create mud pies or make tracks in the mud.  
bowls and spoons or plastic vehicles

**Explore floating and sinking** in puddles.  
petals, grass, sticks, stones

**Create rain art.**  
card, watercolour paints, paintbrushes

**Build bridges** over puddles.  
construction materials (such as building blocks or sticks)



# Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of SURREY

In paid partnership with:



Use Access Code  
**ACORI**



# Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of SURREY

In paid partnership with:



Use Access Code  
**ACORN**