



Tower Hamlets Schools Counselling Partnership

Supporting children, families and schools

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

Holiday Already?!

Breaks from school can feel quite stressful for children and this is because their regular schedules and routines are disrupted. As we head into a longer holiday, following what has felt like one long year of lockdown, here are some tips on how to minimise the tears and maximise the joy at home.

How can parents help?

- As always with parenting, it is most important to look after yourself first. Make sure your own cup is full so you can remain calm, tolerant and patient.
- You can also let children know in advance what they will be doing over the holiday and remind them again every morning of the plans for that day.
- Many children will also do better if you keep to some routine and schedule every day, to offer them predictability.
- If you can, always include some outdoor or physical activity every day as it helps them to stay regulated. Finally, remember to do less and connect more!
- Some fun ideas for connecting more, maybe pick one or two or more to do over the break. You don't have to do them all and you are welcome to come up with your own 😊:
 - Have a pyjama day, spend all day in your pyjamas (that should be no different to most of the lockdown)
 - Have a topsy turvy day – have lunch for breakfast, dinner at lunch time and breakfast at the end of the day
 - Build a den in the lounge and pretend you are on Safari – what animals can you see? Pretend to be them and/or draw/make them
 - Games night/day – games like Twister and Jenga that allow for a bit of raucous laughter
 - Dress to express – wear clothes that express how you are feeling
 - Bake Off – or cook a three course meal together: make menus and set the table

Remember that things more than likely will get messy but focus on the connection that is being made and the memories you will all gain – it is about having fun and when we have fun, things tend not to stay in their places. They can always be put back at the end of the day

If you would like to make an appointment to speak to Khalida, please either email her at khaque1.211@lgflmail.org or call/text her on 07730 416 019. She works at Chisenhale on Tuesdays, term time.