



02.04.26

Urmston
Primary School

Dear Parents and Carers,

Thank you, as always, for your support this term,, and the ways in which you continue to advocate for your children. This really is something that we fully expect and will always welcome.

Working in a school and with children is a wonderful thing and we feel most privileged to be able to do so. But it can also be challenging, especially in the current climate (it seems this 'climate' is pretty relentless, doesn't it!?), and it will remain our job to help our children to feel safe, happy and to thrive through a sense of belonging, inclusion, diversity and belonging that we hope we are providing.

Of course, we won't always get it exactly right, but we'll always work with you to do what we feel is best for our children.

We are proud of our school community and as Headteacher I really am proud of the care and dedication that the staff have for our children's wellbeing and their social, emotional and academic development. Please do keep talking to us as you are integral to us being able to continue to do our best for them, and for you.

We hope you have a lovely Easter holiday and look forward to seeing you on the 20th.

From Mr P, and us all at UPS

'Changes in How Children and Young People are Reviewed and Assessed for Autism and ADHD in Greater Manchester.'

Please see pages 7, 8 and 9 and come and chat if you have any queries, or see below...

CURIOSITY CATCH UP SESSIONS

After the brilliant Navigating Connection sessions, the Curiosity Project will be putting on some catch-up sessions on the dates below. It'd be great if you can join us!

Wednesday 29th April 9am
Wednesday 10th June 9am
Wednesday 8th July 9am

EMMANUEL 'BEING MORE'

It is always great to hear our children 'being more' outside of school and we are really proud to hear of what Emmanuel has been up to. He took part in a 9-mile disability challenge at the weekend which has so far raised £35,104. Participants in the challenge completed 9 miles walking or running and each mile simulated a disability. Emmanuel did a mile blind, a mile in a wheelchair, and mile on crutches, and a number of others, all of which no doubt raised awareness and empathy of the various challenges that those with physical disabilities have. Amazing stuff, Emmanuel! (PTO for pic!)

BIDE PARENT FORUM—Belonging, Inclusion, Diversity and Equality

We'll be holding our next forum on Friday 1st May at 2.30pm.

We'd love to see you here to discuss all things UPS, the government white paper, and the 'Changes in How Children and Young People are Reviewed and Assessed for Autism and ADHD in Greater Manchester.' This document is on the following pages.

We'd love to see you here and hear your views.



SAVING THE WORLD ONE STEP AT A TIME

Our Eco-committee do some fantastic work under Mrs McNutt's guidance and recently some of our children took part in a litter-pick as part of the Great British Spring Clean. Great stuff guys—keep up the brilliant work in raising awareness of such important issues!



PTA News

Follow our Facebook page for dates and news

Easter Raffle

Congratulations to Audrey in J7 for winning our Easter Hamper - over £50 worth of easter goodies to enjoy over the holidays!
 Congrats also to Archie in J2 and Rose in I1 who won our runner up Easter bundles kindly donated by Mrs Singh.

Thanks to everyone for buying tickets - you helped raise an amazing **£514.50** for school funds.



Cake Decorating Competition

Thanks to everyone for entering - your creations were amazing! Congratulations to our winners who were chosen by Mrs Helyar - each winner received an easter egg. Your beautiful cakes sold at the Easter Bonnet Parade and we'll let you know how much we raised.



Raffle winners

- Yr 3 - Eleanor J2
- Yr 4 - Matilda L J3
- Yr 5 - Alfie M J5
- Yr 6 Lu-Ella S J7



Thanks for all your support this term - have a wonderful break!





31 Ways to Be a Kind Sibling



www.SocialWorkersToolbox.com

1. Say something good about them

2. Share a toy with them

3. Help them finish a job

4. Let them choose the game

5. Sit quietly with them

6. Make them a picture

7. Use a calm voice with them

8. Ask them to play with you

9. Help them find a lost toy

10. Give them space if they want to be alone

11. Say "thank you" to them

12. Help them when they are stuck

13. Let them have a turn

14. Say "sorry" and mean it

15. Listen when they are talking

16. Do a kind surprise for them

17. Share a snack with them

18. Cheer them on

19. Help tidy up with them

20. Say something kind before bed

21. Include them in your game

22. Wait patiently for them

23. Help them when they feel sad

24. Play gently with them

25. Ask them about their day

26. Show them how to do something

27. Say "well done" to them

28. Use gentle hands and kind words

29. Play something they enjoy

30. Help them before being asked

31. Tell them they are important to you



Add your own



SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

www.SocialWorkersToolbox.com

Free social work
resources for
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY
UP TO DATE WITH NEW DOWNLOADS:

Free
social work
resources for
direct work



**Social Work Tools and Resources
- Free; Socialworkerstoolbox.com**

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You may share our resources from our Facebook/[Instagram](#) page using the share button.

Active April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today
6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside
13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often
20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes
 27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Trafford FIS

Every school holidays Trafford FIS create a dedicated 'What's On' page on our Trafford Directory which lists events happening locally over this period, free activities, holiday clubs, days out, SEND what's on, practical and crisis support, mental health and wellbeing support. During holidays where HAF activities run (such as the Easter holidays) these can also be located here.

We currently have our [Easter Holiday page](#) live on the directory and wondered if you could possibly share this with your families?

This page is constantly updated over the period with new activities as we find them therefore it is worth parents keep checking the page over the next few weeks.

Thank you for your support,

Trafford FIS

Holding families

Please see the website and guides for young people and families...
<https://earlybreak.co.uk/holding-families-substance-misuse-support>



Peer to peer support for parents

Please see the link below if you're interested in weekly peer-to-peer support for parents in Stretford...
<https://outlook.office.com/bookwithme/user/e0f949435a1141d18cd660d0a6caf1ba@trafford.gov.uk/meetingtype/>

BLOOM TOOLKIT

Below is a link for something called The BLOOM Toolkit. It is a practical and accessible tool which can give your child a personalised sensory profile, once you complete the quiz. Your child will be given a colour and number which correlates to their sensory profile - you can then access practical suggestions to support your child's sensory needs. Please give it a look and do let Mr P know if you find it of use! <https://the-bloom-toolkit-24b7f5.circle.so/c/welcome-to-bloom>
 Along the same lines, give this a look too!... Humber Sensory Processing Hub - Connect NHS <https://connect.humber.nhs.uk/service/humber-sensory-processing-hub/home/>

**BEST
START
IN LIFE**



**North Best Start
Family Hub
9 Poplar Rd
Stretford
M32 9AN**



Join Our SEND stay and play

**FREE session requires no booking—just drop in
enjoy lots of fun and connection**

No diagnosis needed

Wednesday 1–2.30

29th April

13th May

10th & 24th June

8th & 22nd July



Activities Include:

- Storytime and singing
- Outdoor and messy play

**Come Play,
Learn, and Grow
Together!**

For more information email
Sarah.bradley@trafford.gov.uk



Funded by
UK Government



Changes in How Children and Young People are Reviewed and Assessed for Autism and ADHD in Greater Manchester

February 2026

NHS Greater Manchester (GM) is making changes to the way children and young people aged 0 to 18 are reviewed and assessed for suspected autism and ADHD. This is to make sure support is offered earlier based on a child or young person's individual need, and that those with highest need can be seen sooner. These changes are an important step to help manage unsustainable demand in GM for autism and ADHD assessments due to limited availability of financial resource and clinical workforce, which means families are currently waiting too long to be seen without access to support.

Who has been involved in developing the new process for reviewing requests for assessment?

NHS GM designed the new process through a series of in-person and on-line workshops, meetings, and surveys. These involved clinicians, service providers, commissioners, parents, carers, people with lived experience and young people.

What are the benefits of this new process?

The new process makes sure requests for assessments are reviewed in the same way across GM and will benefit children and young people and their families, by prioritising those with the highest levels of need for earlier assessment. It will also mean all children and young people with autism and ADHD related symptoms can access the support they need when they need it, with or without a diagnosis.

When is the new process being implemented?

Plans for introducing the new process for reviewing requests for assessment are being put in place from January 2026. They will be introduced step by step across services that support children and young people with autism and ADHD related needs. Introducing changes gradually is important to make sure children and young people are supported safely during the transition.

How will the process work?

The new process will bring together experienced professionals from different services. First this will include Child and Adolescent Mental Health Services (CAMHS) and paediatric clinicians. The longer-term plan is for social care and education to be included, so that care is more joined up for families. They will work together to decide the right type and level of support for each child or young person based on their needs. Their decisions will be guided by newly developed clinically agreed criteria, so that decisions are fair and equal across GM.

Will all children and young people get an assessment?

Not every child or young person will meet the clinical criteria for an assessment after the initial review. Not every child or young person will have the level of need or complexity for an NHS funded assessment. However, every child and family will still receive a personalised offer of support through the new needs-led services. Needs-led means that support is based on what a child or young person needs, rather than whether they have a diagnosis. Children and young people with the highest needs will be prioritised for earlier assessment. Children and young people who are eligible for an NHS assessment based on the new criteria but have less urgent needs than others will wait longer for an assessment.

Will everyone get an offer of support?

All children and young people will receive an offer of support from within their own borough where they live. This support will be based on an individual's need with or without a diagnosis

What is the new early support offer and when will it be available?

The new early support offer will be available in phases from January 2026. It is designed to help children with autism and ADHD related needs and their families, by providing them with access to specialists and proven, research-based support.

- Neurodevelopmental roles –
Professionals trained in how autism and ADHD affect thinking, attention, behaviour, and social skills. They assess your child's strengths and challenges and give advice tailored to your child or young person's needs.
- Professionals trained to deliver evidence-based interventions, which means the methods and strategies they use are proven by research to help children and young people.
- Neuro-profiling tool –
Helps identify a child or young person's learning style, strengths, and needs, and provides strategies which support them at home and school.
- Workshops –
Parent workshops on topics such as behaviour, communication, and coping strategies available on-line and in-person.
- A new website
A new GM neurodevelopmental website is launching soon, which will include, easy to read information and dedicated sections for parents and carers, young people and professionals, self-help resources and toolkits, recorded webinars on important topics, online mental health support, and a new chat messaging service.

Who will do the assessment and what will it involve?

Senior CAMHS and paediatric clinicians will look at information from parents, schools, and other professionals to decide what support is needed and how quickly. They will use clinically agreed

criteria to guide their decisions. This means children and young people are directed to the right service at the right time based on their levels of need.

Assessments will continue to take place locally in either CAMHS or community paediatric services, depending on the borough. CAMHS will focus on assessments for children and young people who have moderate to severe mental health needs or those with moderate to severe functional impairment due to distress.

My child has been on a waiting list for a long time, what will happen now?

We know many families have been waiting a long time for assessment and support. Experienced CAMHS and paediatric clinicians will review all children and young people currently waiting for an assessment using the new process and criteria. Where children and young people have been waiting a long-time, services will contact the family to ensure they are reviewing the most up to date information.

Not every child or young person on the waiting list will meet the clinical criteria for an assessment. Not every child or young person will have the level of need or complexity for an NHS funded assessment. This will mean that some children and young people will not remain on the neurodevelopmental waiting list, but all children and young people will receive a needs-led offer of support. This will mean children and young people receive the right level of support to meet their individual needs.

What happens if my child's needs change?

If your child or young person's needs change over time, they can be re-referred to local services either by their GP, school or other professional, dependant on the borough, to request an assessment.



Can you help?



SUPPORTING LOCAL FAMILIES

Your school have set up a designated donation point to help us support local families in need. Below are a list of items we LOVE to receive:

- ♥ Baby bodywash and shampoo
- ♥ Children's bodywash and shampoo
- ♥ New underpants and socks
- ♥ Deodorant - men's and women's
- ♥ Baby wipes and nappies
- ♥ Adult toothpaste
- ♥ Maternity pads and breast pads
- ♥ Period products



REMEMBER

We ask that all items are **new, clean and undamaged** - Ensuring families feel cared for and supported is important to us, and this starts with the quality of your donations.



www.littlegreensock.org

Registered charity in England and Wales 1200145

PARENTING WORKSHOPS



- For parents who have recently migrated to the UK and parents who have little contact with mainstream UK culture even though they may have been here for some time.
- Stand alone workshop (approx. 3 hours) delivered at easily accessible community locations. Refreshments, creche, interpreters and travel costs can be provided.
- Focus on migration and its stressors on families; expectations of parenting in the UK and child protection laws.



ABOUT US

- We believe that a person's culture has a profound impact on their development and the way they cope with situations they encounter in their lives.
- We believe people already have existing skills that are built upon when engaging with our services.
- Our team has many years of experience working with families.

CONTACT US



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07514222338



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www.justpsychology.co.uk



@just-psychology-cic



FAMILY REUNION AND PARENTING PROJECT (FRAPP)



FAMILY REUNION GROUP



- For families (parents and children) who have been reunited following separation as a result of their migration journeys.
- Full day group (9.30 am-4pm) during school holidays - lunch, creche, interpreters and travel costs can be provided.
- Focus on family strengths and consider culture and life experiences.
- Supports children and parents to talk to each other about their experiences whilst separated, and their hopes and aspirations now that they are reunited.

PARENTS + CHILDREN SAID:

“It was really wonderful for me and my family and we had wonderful time with the staff. They answered all our questions and were helpful and useful.”

I had fun drawing my 'Tree of Life', showing how many people love and care for me.”

“I feel happy and confident about my parenting skills and think that I learnt a lot.”



The CAYP Webinar Series

Tuesday 13th January
8:00-9:00pm

Big Feelings and Big Reactions: Making Sense of Your Child's Behaviour

With Consultant Clinical Psychologist
Dr Daniel Weisberg

This session is going to look at what's really behind the behaviours you might be seeing, from outbursts and shutdowns to school avoidance. We'll explore factors like anxiety, sensory overload and burnout.

Dr Weisberg will share practical strategies to support co-regulation, manage big feelings and handle meltdown moments.

We will also cover how these difficulties affect school and how to work with schools to advocate for your child. You'll leave with clear, useful approaches to reduce conflict and strengthen connection, with the chance to submit questions in advance.

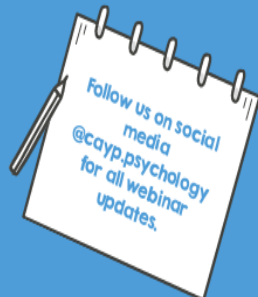
Overview:

- Meltdowns vs. tantrums
- Understanding what behaviours are communicating
- Transitions and triggers
- Co-regulation, big feelings and managing meltdown moments
- Anxiety, burnout and sensory overwhelm
- Practical strategies for home and school
- When to seek professional support

Who can join:

This session is primarily for parents and carers of primary and high school aged-children, but anyone working with children is welcome to attend.

Click [here](#) to book your place.



About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children's services and specialises in paediatric neuropsychology.

Daniel completed his PhD in children's emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel's psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 40 UK-wide clinics and online.

About CAYP Psychology

CAYP Psychology (pronounced "cape") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0-18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.



www.cayp-psychology.com
enquiries@cayp-psychology.com



Trafford Educational Psychology Service

Parent and Carer information sessions are returning! Online dates are available to book, and in person sessions through Spring and Summer 2026 will be added to this booking link once venues are confirmed: <https://forms.office.com/e/JFhdJQdEgS>. **Can't attend?** A recording of a previous session and further advice and signposting is available via our Padlet: [Barriers to Education & Emotionally Based School Non-Attendance \(EBSNA\)](#).

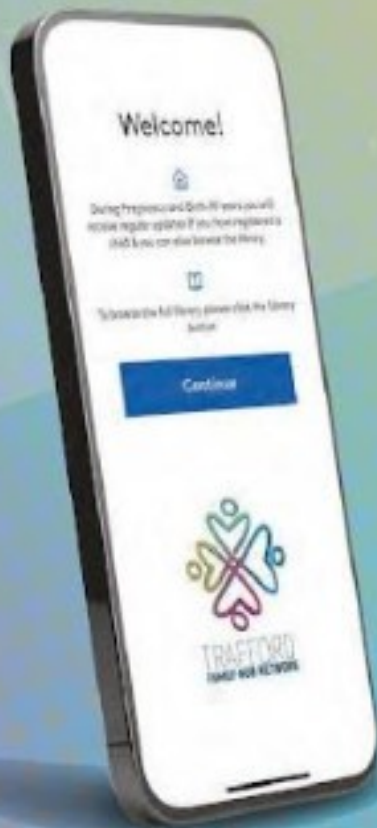
Sensory / behavioural on-line questionnaire

The link below is to a survey that you can complete, delving into your child's sensory needs. There are some great strategies suggested too...

<https://semh.co.uk/social-emotional-and-mental-health-semh/behavior-assessment-system-for-children/>



THE TRAFFORD GM FAMILY HUB APP



A one-stop shop of health information from pregnancy to teenage years for you and your family

- 75 languages
- Tailored information for YOUR family
- Details of support services local to you

Download the app by scanning the QR codes below and start using it today!

Download
the app by
**SCANNING
THE QR CODE**



APPLE



ANDROID

Being a parent



TRAFFORD
FAMILIES



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Learn skills

- ♥ Get support for the challenges of being a parent
- ♥ Explore ways for you and your child to express feelings and emotions, in a way that helps your relationship

Self care

- ♥ Take the guilt out of self-care and share tips on managing stress
- ♥ Connect with other parents and carers to build your community support network
- ♥ Improve communication in your family, reduce stress and increase family wellbeing

Feel prepared

- ♥ Build on your strengths and learn more so that as your child grows and develops you are prepared to respond to new challenges - not react!



Find out more

Go to www.trafford.gov.uk/epec
email epec@trafford.gov.uk
or scan the code to register your interest:





Trafford Sleep Services



From September 2025 have made some changes to our Sleep Webinars

- Our **Primary / EYFS Webinar** is suitable for parents/carers of children aged 2-11 years old. These are no longer divided into Infant and Junior
- Our **Secondary+ Webinar** is still available for parents/carers of young people 11 years+, adapted to meet the sleep challenges faced from high school and beyond

Both of these webinars are suited for those with children and young people who have additional needs such as Autism and/or ADHD, mild to moderate learning needs, or physical health challenges.

New to 2025

- We now have a **Specialist Provision Webinar**. This is for parents/carers of children or young people aged 2 - 25 with complex needs and learning disabilities who are attending a specialist educational setting (or where it is being considered, in the case of those 3 and under)
- We are currently trialling some limited evening Webinars between now and Christmas. Availability of these will be shown when booking

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

NEURODIVERSITY FRIENDLY YOUTH ACTIVITIES

- For neurodivergent young people
- A relaxed, no pressure space
- Let your imagination flow
- Support for your hobbies
- Encouraging self-expression
- A place to be yourself
- Building a friendly community



Scan the QR Code or
-> [Click here](#) <-
to find out more



For ages 10-13, 14-17 & 18-25, online and in-person.

Registered Charity No. 1182361 | hello@starling.org.uk | [@starlingcio](https://www.instagram.com/starlingcio) | starlingcio.org

ND Navigator Signposting Appointments



TRAFFORD COUNCIL



A signposting service for parent/carers whose young people are on the Trafford ND Pathways (TCAS and TASC) pre and post diagnosis. These appointments are 15 minutes long. Parent carers will be provided with bespoke signposting directing them to relevant services, support groups and activities from the Trafford local offer. Follow the link below or scan the QR code for appointments May-July.

All appointments on the local offer.





Free, safe and anonymous mental health support whenever you need it.



Chat with our team of friendly practitioners



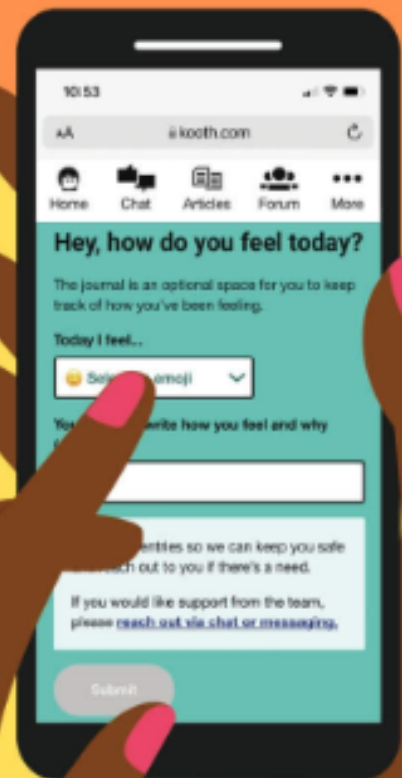
Helpful articles



Self-help tools and activities



Support from the Kooth community



Visit **kooth.com** to find out more





FRAGILE MINDS: RETHINKING SMARTPHONES AND THE DEVELOPING BRAIN

While watching my children play in the snow last week, I saw my son trying to force a carrot into the frozen head of his snowman, and it struck me, our brains are a lot like that. Have you tried learning a new skill as an adult? It's slow and frustrating, like forcing a vegetable into ice. But children learn with such ease because their brains are like soft, fresh snow. Malleable and ready to form new pathways.

The beauty of the snow gave us all a reason to be present-to sledge, build, and simply appreciate. It was a pull to get outside, to connect with the world around us. Sadly, though, the virtual world is increasingly becoming a stronger temptation than real, active play. When we allow children unrestricted access to the internet, social media, or inappropriate games, we risk shaping their neural pathways in ways that can become fixed. The instant gratification of scrolling through endless videos conditions their brains to prioritise quick rewards over deeper engagement. Modern childhood is losing the time and space for imagination and exploration, replaced by screens that steal their focus and limit their potential. By setting boundaries now, we allow their minds to grow in ways that foster creativity, resilience, and meaningful connections. Just as snowflakes are unique, so too are our children's developing minds. We aren't powerless in this journey. By making thoughtful choices and sticking together, we can help shape a future where our children thrive.

Meg x

Roots and Wings Play Therapy



**Smart phone free
childhood parent
pact**

<https://parentpact.smartphonefreechildhood.co.uk/>

**Join the growing
movement of parents
across Britain who
believe that childhood
is too short to be
spent on a
smartphone**

**It takes 30 seconds to
sign the Parent Pact.
And the more of us
who do, the quicker
we'll change the
social norm - and
protect childhood for
our children and
future generations.**



Online relationship support for parents



one
plus
one

Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR
ALL
PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR
NEW
PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR
SEPARATING
PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents

