Urmston Primary School

6.11.26

Dear Parents and Carers,
Have a lovely weekend,
From us all at UPS.

Me-Maps

If you haven't done so already, do get these back to us please. They will be a brilliant springboard for discussion and self-awareness and help us hugely! Thanks everyone!

Urmston Manor

We are so pleased to have re-established our links with Urmston Manor Care Home. Along with Mrs Helyar and Mrs Ball, children on our BIDE committee paid the residents a visit this week and a lovely time was had by all. We'll be aiming to have different children visiting every week, so if you feel it is something your child would particularly benefit from, for whatever reason, please give us a shout!



PTA update…

My child's art early bird discount ends on 12th November!
Your children's artwork has been turned into beautiful keepsakes and gifts, and every purchase benefits the school, so do have a look and start your shopping early. Log in details are www.mychildsart.co.uk/order

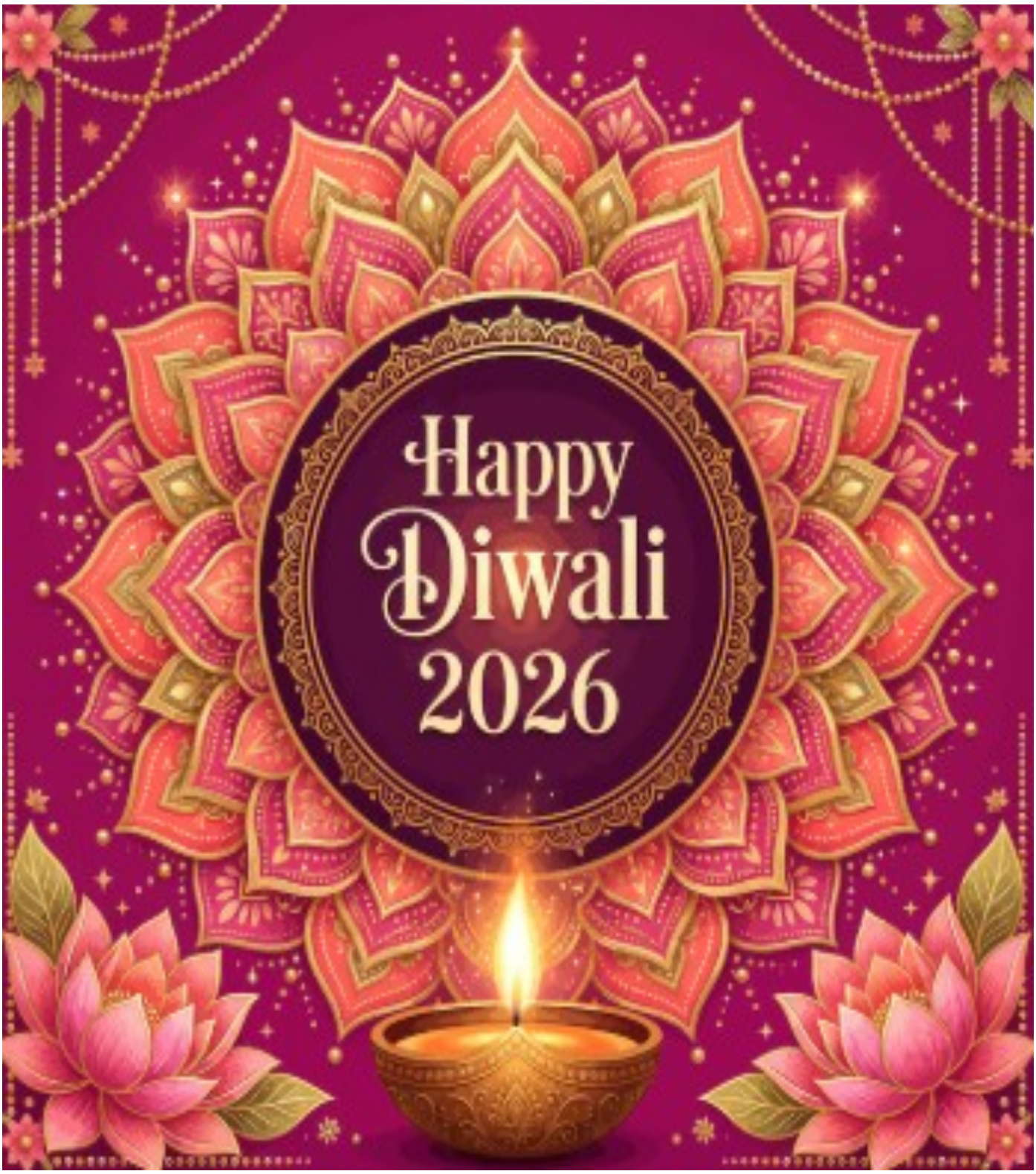
The Christmas fair on 21st November is approaching!
- Bookings for wristbands, token sales and Father Christmas visits are now available on Parent pay.
- Please drop off any high quality pre loved teddies at the school office between 9th and 18th November for the teddy tombola at the fair.
- 20th November will be an own clothes day for bottles and chocolates for the tombolas.
- Please let us know if you can lend a hand, even if just for an hour, we need around 50 volunteers to make the fair happen but only have 16 so far so we really need your help to make it happen. Thank you.

So...it turns out that we are 'Superkind' Primary School of the year. Our children do some brilliant things to support others and it is lovely that we've been recognised for a value that is so important to us. As human beings, we won't get things right all the time, but when the intent is blanketed in kindness, that is always a good place to start!

SCHOOL NURSE DROP IN!

Our School Nurse, Belinda, will be in from 8.40 on November 18th for a drop in for all parents. Please come by—perhaps giving us a heads up on whether you intend to would really help us manage the day!

Username Urmston1
Access Code unu872vd
NB: Username and Access Code are case and space sensitive, so please be careful when entering the details into the portal.
Scan me



...to all of our Hindi, Sikh and Jain friends!

Governance at UPS...some thoughts from Julia Crawford

Being a school governor is a tricky role, but what does it involve? When I first became a governor I would leave my governor lanyard on when I got home from meetings in the hope that family would think I was 'in charge'. In fact Governance is in some ways the opposite of 'being in charge'.

Our fantastic leadership team headed by Mr Parker are 'in charge' of the running of Urmston Primary school. Our job as Governors is to robustly observe, look at data, and ask challenging questions with the purpose of holding Mr P and the SLT accountable for the important aspects of running this school. These include safeguarding, inclusion, providing the best possible teaching and learning, careful management of finances, and having a whole school commitment to growing the school's vision and ethos.

We are so fortunate to have a breadth of experience and talent on our governing body, not only in education but in contrasting backgrounds such as finance, healthcare, engineering and ministry. We have many governors who have served for 15+ years, and enough newer governors to challenge any out of date practice. Most importantly we work well collectively towards the common goals of making Urmston Primary School the very best it can be for our children.

Julia Crawford, Co-opted governor

MANCHESTER 1824
The University of Manchester

Call for participants: Autism and Demand Avoidance Research



Is your child autistic and aged 5-15?

Do they experience marked and persistent demand avoidance (or pathological or extreme demand avoidance – PDA or EDA)?

We'd like to interview parents and carers about communication and interaction at home.

Interviewing parents and caregivers

We want to understand more about the lived experience of these children and their families, to conduct research to contribute to better help, support and understanding.

Contact Alex, a PhD researcher at UoM, for more information.

alexandra.gillyon@postgrad.manchester.ac.uk

XMAS THINGS…

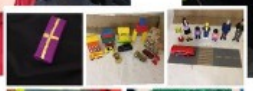
Whilst Xmas is a wonderful time, it can be a little overwhelming at times for some of our children, particularly those who are neuruodivergent. The website below may help with some ideas on how to approach it all!

https://autismlittlelearners.com/holiday-gatherings-autistic/

CLASSROOM ACTION

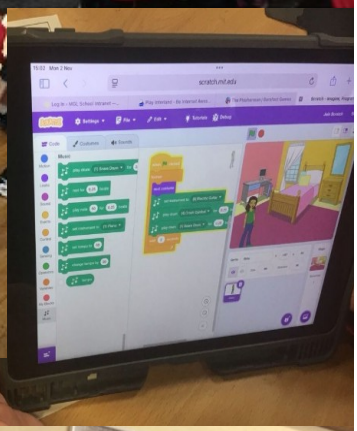
This week, we've been...on a Tatton Park trip, learning about the Vikings and Saxons; having an amazing time visiting Chester, learning why the Romans wanted to settle in Britain and what made the Roman army so formidable; using the coding programme Scratch and using the 'repeat loop' code to make our sprite keep moving; practising our number bonds to 10; doing some tunnel relays; retelling the story of the naughty bus; and loads more!











The Sleep Foundation recommends 6-12 year olds should be getting 9-12 hours sleep each night. If sleep is a tricky one for you for your children, go to...

https://sleepandtherapyservices.co.uk/trafford-sleep-services-temp/

SCHOOL NURSE DROP-IN FOR PARENTS



18TH NOV 8:40AM ONWARDS

We support children, young people & families in Trafford with:

Health Promotion

Sleep

Parenting support

Healthy lifestyles

Behaviour

Referrals to specialised services

Advocating for children, young people and families

Find out more about us at
@traffordschoolnurses
@TraffSchNurses
@traffordschoolnursing

Our website

CHILDREN'S ADVENTURE FARM—based in Altrincham

Do take a look...Parents of a child with SEND can book a free 2 hour session at the farm which includes a visit to Santa. They can book a family ticket so all members of the family can attend, including grandparents. If you have any families that might appreciate this you can book from their website.

TRAFFORD SEND WEEK OF ACTION 2026

TRAFFORD COUNCIL

Trafford Family Information Service

TRAFFORD START FOR LIFE



SEND INFORMATION MARKETPLACE

Tuesday 17 November 2026

St Matthew's Hall, Stretford

12:30pm - 4:30pm

Meet Trafford Services and Partners

- EHCP Team
- Trafford Sleep Service
- Transitions Health & Social Care Teams
- Short Breaks Team
- SENDIASS
- Community Learning Disability Team (CLDT)
- Speech and Language Therapy (SALT)
- Occupational Therapy (OT)
- Physiotherapy (PT)
- Trafford Education Development Service (TEDS)
- Children's Nursing Service
- Educational Psychology Service
- Behaviour and Attendance Team
- Trafford SEND Together
- Family Hubs
- ND Navigators
- Starling

And more....

Information • Advice • Support

Find out about services, support, activities, health, education and preparing for adulthood.



Everyone Welcome

Children and Young People • Parents and Carers • Professionals

Find support. Ask questions. Make connections. Discover opportunities.

Trafford Local Care Organisation

Leading local care, improving lives in Trafford with you

Trafford Speech and Language Therapy

HELPLINE:

07917 264975

If you are concerned about a child's speech, language or communication development and would like some help, give us a ring and speak to a member of the Speech and Language Therapy team.

We have dedicated times for children of all ages so please ensure that you call at the appropriate time. You may need to be patient whilst you wait to speak to our team. Please be aware that if you leave a voicemail, we may not be able to return your call until the next helpline slot. If the child is already known to our service, we advise you to contact the link Speech and Language Therapist for your child's setting or our admin team on 0161 912 2592 or CSLT@mft.nhs.uk.

Please remember that you can also send us a message and find useful information via our Facebook page (www.facebook.com/traffordchildrensSLT)

Preschool children (0-5 years)
Tuesdays
3pm-4pm.

School age children (5+ years)
Wednesdays
3pm-4pm.

Powered by:

NHS Manchester University NHS Foundation Trust

TRAFFORD COUNCIL

Growing Up in an AI world

Computing With Claire
EdTech and Computing Specialist

Curious about AI and what it means for your child? This informative and accessible workshop will help parents understand the AI tools young people may encounter online, the associated risks and practical ways to support safe and responsible technology use. Leave with useful advice, resources and greater confidence in navigating an AI-powered world.

To book your place, go to www.traffordlibraries.eventbrite.co.uk or scan the QR code.

Monday 2nd of November
Sale Library 5:30-6:30-pm

Thursday 12th of November
Stretford Library 5:30-6:30pm

Tuesday 17th of November
Urmston Library 5:30-6:30pm

Saturday 21st of November
Partington Library 1:30-2:30pm

Wednesday 25th of November
Altrincham Library 5:30-6:30pm

Thursday 26th of November
Timperley Library 5:30-6:30pm



Claire Walmsley is an experienced teacher and digital lead who is passionate about helping young people, families and educators navigate technology safetly and confidently.

www.computingwithclaire.co.uk

Funded by UK Government
GREATER MANCHESTER
TRAFFORD COUNCIL
EXPLORE MORE WITH TRAFFORD LIBRARIES

Your at-a-glance guide to Soluna by Kooth

About Soluna:

- Soluna is delivered by Kooth, a trusted NHS and local council partner, providing digital mental health support since 2001.
- Soluna is free for young people (aged 10-25) in supported areas. Because our service is funded by local NHS services, councils, and organisations, both availability and the sign-up age depend on where young people live.
- No formal referral is needed; young people can access support directly via the web or mobile app.
- The app is rated 13+ on app stores due to standard health platform classification rules. Children aged 10–12 can access the full service directly via any web browser.

What does Soluna offer?

- **One-to-one professional (human) support:** British Association for Counselling and Psychotherapy accredited live text-based chat, delivered by qualified professionals. Available weekdays from 12pm to 10pm, and weekends from 6pm to 10pm, 365 days a year. Self-help activities are accessible 24/7.
- **Self-help resources and peer support.** Includes interactive tools (e.g. Noise Cleanse, which uses sound to promote relaxation) and pre-moderated peer community spaces.

How does Soluna support parents, carers and families?

We know it can be tough to know the 'right way' to support young people struggling with their mental wellbeing.

Soluna can help by offering free, in-the-moment support for your child. This could include mental wellbeing issues such as anxiety, exam stress, or low mood, or perhaps they want to use the platform to learn more about mental health and positive ways to manage it.

The service:

- Provides early support before problems escalate.
- Offers support for those who may be waiting for other services or a neurodevelopmental assessment.
- Complements ongoing care alongside other sources of support.
- Provides out-of-hours support, including evenings and weekends, 365 days a year.

Soluna's safeguarding and governance

- Human moderation: 100% of peer community posts are pre-moderated by professionals before publication. Private messaging between users is not possible.
- Age-gating and safeguarding: content is age-gated (10–12, 13–15, 16–17, 18+) so young people only see material suitable for them. Soluna collects Personally Identifiable Information (PII) to support enhanced safeguarding and coordination with local services.
- Therapeutic content carries the PIF TICK quality mark, showing it's evidence-based, up-to-date, and easy to understand.
- Soluna is clinically governed and built to align with all relevant UK safeguarding standards, as well as the Online Safety Act 2023.

How do I help my child access Soluna?

You can direct your child to SolunaByKooth.com – where they can find more information on our service.

No formal referral is necessary, and it's quick to sign up. Your child can start exploring our resources and finding support straightaway.

Young people already using Kooth will get clear instructions when they log in, and new users will be automatically directed to Soluna from Kooth.

Waiting for sensory support?

You don't have to wait to start helping your child.

SPARK Sensory Navigator
Delivered in partnership with NHS Greater Manchester (Trafford)

If your child struggles with:

- Meltdowns or big emotional reactions
- Clothing sensitivities or noise overwhelm
- Movement needs or constant fidgeting
- Difficulties with focus or daily routines
- Transitions, bedtime, mealtimes or school days

You are not alone, and support does not have to wait.

What families will receive:

- A personalised sensory profile
- Practical strategies for everyday challenges
- Simple adjustments to support regulation at home and school
- Step-by-step guidance delivered via WhatsApp
- Access anytime during the 12 week programme

No diagnosis required.

SPARK Sensory Navigator is a 12 week programme designed to support families while waiting for specialist services and to build confidence in understanding and responding to your child's sensory needs.

Ready to get started?

Scan the QR code to join SPARK today.

Available for up to 100 Trafford families.

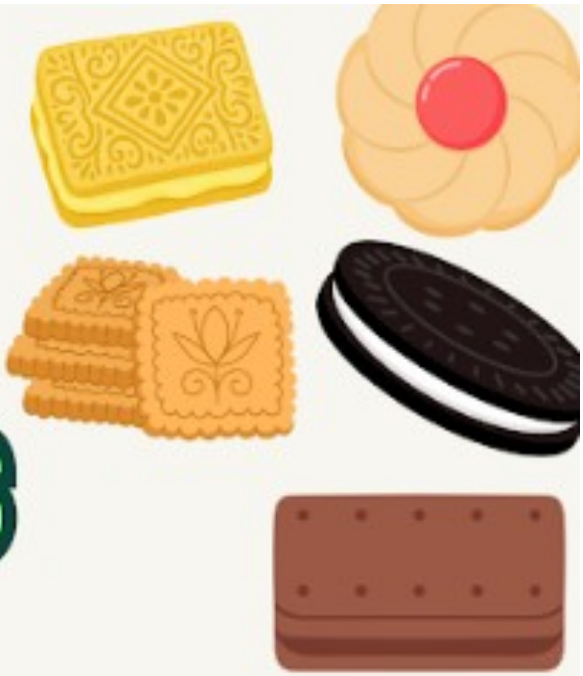
Important Information:
This programme does not replace clinical assessment or urgent medical support. If you have immediate concerns about your child's safety or wellbeing, please contact your GP or local services.

Information shared will be used for pilot evaluation and service improvement purposes only and will not affect your access to NHS services.

SPARK Sensory Navigator | SPARK Pathways Limited
Commissioned by NHS Greater Manchester (Trafford)



Coffee Mornings



These are spaces for parents/carers to come and chat in a safe space with some tea, coffee and biscuits and have the opportunity to speak to our Neurodiversity Support Navigators face to face.

Best Start Family Hub West
Partington, M31 4FL
3rd Tuesday of each month, 9:30-11:30am

Best Start Family Hub Central
Newbury Ave, Sale M33 4QH
1st Monday of every month 11-1pm

Best Start Family Hub North
Stretford, M32 9AN
3rd Thursday of each month, 12:00-2:00pm



TRAFFORD BEST START FAMILY HUB

Trafford Neurodiversity Support

Drop In Times

Our Neurodiversity Support Navigators will be based in **Partington** on the following dates. If you would like to come in and have a 1:2:1 conversation with us in a confidential space, please drop in to see us!

Tuesday 3rd November 10-2pm
Tuesday 17th November 10-2pm
Tuesday 15th December 10-2pm

Best Start Family Hub West
106 Central Road, Partington,
Manchester, M31 4FL

Drop In Times

Our Neurodiversity Support Navigators will be based in **Sale** on the following dates. If you would like to come in and have a 1:2:1 conversation with us in a confidential space, please drop in to see us!

Monday 2nd November 10-2pm
Monday 16th November 10-2pm
Monday 7th December 10-2pm

Best Start Family Hub Central
Newbury Ave, Sale M33 4QH

Drop In Times

Our Neurodiversity Support Navigators will be based in **Stretford** on the following dates. If you would like to come in and have a 1:2:1 conversation with us in a confidential space, please drop in to see us!

Thursday 5th November 10-2pm
Thursday 26th November 10-2pm
Thursday 17th December 10-2pm

Best Start Family Hub North
9 Poplar Road, Stretford,
Manchester, M32 9AN

Trafford Neurodiversity Support

TRAFFORD BEST START FAMILY HUB

Trafford Neurodiversity Support is a service where parents, carers, and young people can access advice, signposting, and information related to neurodiversity.

Children and young people don't need a formal diagnosis- or even be on a diagnostic pathway- to use the service. Everyone is welcome!

How to contact us

Our helpline is open
Mon-Fri 9-5pm
0161 5531536

Email us
traffordndsupport@barnardos.org.uk

Understanding and Promoting Positive Behaviour

This workshop looks at recognising the importance of communication and working with your young people to encourage positive experiences.

Best Start Family Hub North, M32 9AN

26th November 2026

Click here to get tickets!

4-5:30pm

BARNARDO'S

Executive Functioning Workshop



The aim of this workshop is to provide you with a greater understanding of executive functioning and how it may impact your neurodivergent young person's daily life. We will explore practical strategies that can be used to support skills such as planning, organisation, emotional regulation, and completing daily tasks.

5:30-6:30pm

Tuesday 3rd November 2026

ONLINE

Click here for tickets!

Trafford Neurodiversity Support

Tameside Neurodiversity Hub

BARNARDO'S

November 2026

Call us:
0161 5531536
Mon-Fri 9-5pm

W/C 2nd November

Mon 02/11- Coffee Morning 11:00-1:00pm
Best Start Family Hub Central, M33 4QH

Tues 03/11- Executive Functioning Workshop
ONLINE 5:30-6:30pm

W/C 9th November

Mon 09/11- Sensory Processing Workshop 9-10:30am
Seymour Park Community Primary, M16 9QE

W/C 16th November

SEND WEEK OF ACTION

Tues 17/11- Coffee Morning 9:30-11:30am
Best Start Family Hub West, M31 4FL

Tues 17/11- SEND Information Marketplace 12:00-4:30pm, St Matthews Church M32 9AX

Thurs 19/11- Coffee Morning 12:00-2:00pm
Best Start Family Hub North, M32 9AN

Fri 20/11- Understanding Neurodiversity Workshop ONLINE 1-2:30pm

W/C 23rd November

Thurs 26/10- Understanding and Promoting Positive Behaviour 4:00-5:30pm
Best Start Family Hub North, M32 9AN

Seymour Park Community Primary School

Sensory Processing Workshop

Trafford Neurodiversity Support

The aim of this workshop is to provide you with further understanding of your neurodivergent young persons sensory needs and what we as parents/carers can do to support them.

Seymour Park Community Primary School, Northumberland Rd, Old Trafford, M16 9QE

9.00-10.30am

Monday 9th November 2026

Click here for tickets!



BARNARDO'S

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM



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



Social Work Tools and Resources - Free; Socialworkerstoolbox.com

©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook/Instagam page using the share button.

Can you help?

Little Green Sock Project

FAMILIES HELPING FAMILIES

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.

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.

CONTACT US

0161 262 1622
07514222338

frapp@justpsychology.co.uk

www.justpsychology.co.uk

@just-psychology-cic

Just Psychology

FAMILY REUNION AND PARENTING PROJECT (FRAPP)



COMMUNITY FUND

The Henry Smith Charity

Rainbow Haven

Just Psychology

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.

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:

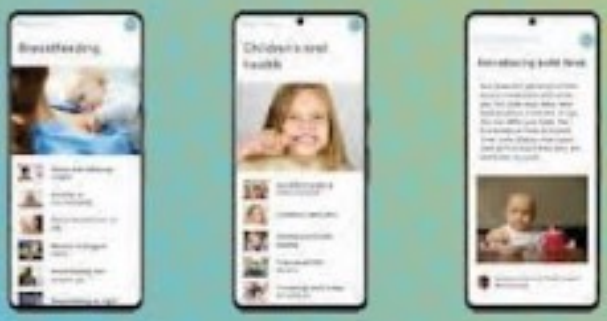
"It was really wonderful for me and my family and we had wonderful time with the staff. They answered all our questions and were helpful and useful."

"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 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

essential parent

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:

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

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!



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.

DEVICE BOX

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.

The National College

National Online Safety

#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024

Starling

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 | starlingcio.org

ND Navigator Signposting Appointments

TRAFFORD COUNCIL

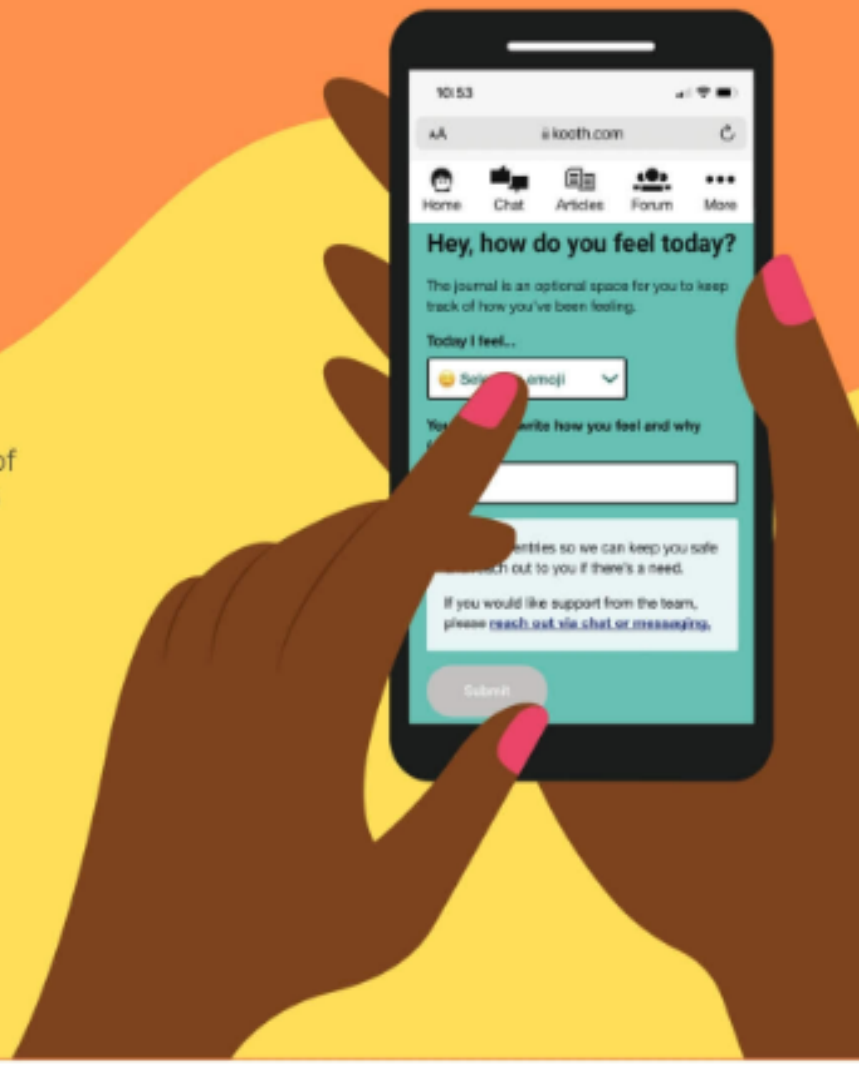


A signposting service for parent/carers whose young people are on the Trafford ND Pathways (TCAS and TASC) pre and post diagnosis. These appointments are 15 minutes long. Parent carers will be provided with bespoke signposting directing them to relevant services, support groups and activities from the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

Trafford Directory | SEND Navigator Service

kooth

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

ROOTS & 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

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.



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.



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.



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