



Dear Parents and Carers,

Whilst every year is different, it seems that the end of each year brings with it similar messages.

The challenges that we face are significant and I mean that in terms of what we face as schools, but also what the vast majority of our families find challenging too, in some cases almost to the point of overwhelm. We all know the societal issues that we are all up against, including the mental, emotional, and financial side of things.

More so than ever, it is critical that we work closely to support your children and I'll reiterate that if it is needed, support is available for you too. We hugely value the open and honest relationships that we have with you all and believe that this is the best way to help our children to thrive.

But of course, when times are perhaps a little tough, it gives us all the chance to grow and be better, and in that sense this year has been another successful one, both for our wonderful children and our staff, who remain fantastic. The opportunities to further develop togetherness and a sense of belonging (evidenced in our lovely sports day earlier in the week!) grow most in times of such need, and we look forward to working closely with you all next year and beyond. Speaking of next year, we will be having a significant focus on supporting our children (and, indeed, our whole school community) in developing our self-awareness, and we'll be in touch with you all about what this looks like.

We'd like to take this opportunity to say a huge thank you to our wonderful PTA, who have continued to work tirelessly in support of our school. Gina and Nga will be leading the way next year (so thanks guys!), and we say goodbye to Lynda, Linda and Tracey...thank you so much for your considerable efforts—you have made such a difference to UPS!

A couple of sad goodbyes and fond farewells...firstly to our fabulous Y6 children, who are a credit to themselves, their families and our school, and to their families whose relationships over the last seven or eight years, we have cherished. We wish you all the very best for the future.

We say goodbye to Mrs Parker, who has been a wonderful addition to our KS2 team this year. And we also say goodbye to three other cherished members of staff.

Mrs Haslam has been an incredible servant to UPS and UIS and we will miss her hugely, not just for the job she has done, but for her character and -actor and her kindness in being such an integral person in our family. PTO



Then there is Mrs Steele, who departs after many wonderful years. Lynne leaves a legacy of modelling our UPS values in everything that she does and is one of the most brilliantly 'human' people you could ever wish to meet. We'll look forward to seeing you again at some point next year, Lynne!

And finally, Mrs Byrom. What can we say, Sally? Other than, along with the three above, that you always have a place here...your second home! Thank you for being one of the kindest and most empathetic people...the difference you have made is immeasurable.

Thank you to you all, and we wish you the very best for your exciting futures!

To everybody, take care, best wishes, and have a lovely Summer...we'll see most of you back here on Thursday 3rd September!

From Mr P and all of us at UPS

PS—Please could you complete the survey from the link below...should only take a minute or two but would really help!

<https://s.surveyplanet.com/ghfb2380>

A message from Mrs Hall!

Hi everyone,. Welcome to the third and final reading challenge of the year for the Ten-A-Term, where you can enjoy ten recommended reads suitable for your age range. Please see the new Ten-A-Term reading challenges attached. As usual, you can visit the local library to borrow these books or even purchase on from our local book shop - Urmston Book Shop, or indeed any book shop. Maybe set up a book swap with others in the same year group. Everyone who takes part in the challenge whether you read one book or all ten, you will receive a certificate after the summer holidays. As Year 6 children will no longer be at UPS, I will email out any certificates for children who take part in the challenge. Just let me know by emailing me at s.hall@urmstonprimaryschool.com

Also... don't forget that you can visit the libraries in Trafford to take part in their reading challenges over the summer with plenty of fun activities also on offer. Check them out at:

<https://summerreadingchallenge.org.uk>

Happy Reading!

BEING MORE!

A final 'being more' of the year...a huge well done to Louie (and Dad and Uncle!) who has hiked up Snowdon on Saturday for the Christie's charity in memory of his Nana and Grandad. He hiked 9 and half miles up 1085m of climb in an amazing 3 hours and 36 minutes!

He has raised nearly £850 for the charity. We are unbelievably proud of you buddy... great being more!



Our Y6 Leavers had a fantastic time at their shindig last week! They ate, drank, danced, bounced and sang the night away at Urmston Sports Club. They made amazing memories with special friends and it was the perfect party to mark the end of their Primary School journey. Thanks to everyone who helped arrange the event!

A message from our Governors...

On behalf of all the governors here at UPS, I'd like to thank all of you for all your support for the school this year. It's been another busy year, with lots of good times but also challenges as well; knowing that our parents and carers are so engaged with the school and care about what happens here means that we can face those challenges together. Well done to our brilliant children for another year of hard work, resilience and fun - you make the school what it is and every one of you is a credit to UPS. And to our year 6s as they say good-bye and head off to their new schools: thank you for the huge part you've played in the life of our school; I know you're going to thrive at whichever school you're going to now, so enjoy it and remember all that UPS has helped you learn as you take on the new challenges. And, of course, a huge thank you to Mr Parker and all the staff at UPS, and good bye to Mrs Byrom and Mrs Steele - we'll miss you, but we hope you have a wonderful retirement filled with lovely things! Finally, have a wonderful summer with loads of fun and hopefully some sunshine!

Rev Stephen Smith, Chair of Governors.

A message from Mrs Byrom...

Many, many thanks to the children, staff and families for making my last week one I'll never forget! The messages from the children and parents have been quite incredible and I have loved being part of your children's journey. We had such fun...it's been an honour! See you around Urmston! Have a wonderful Summer!
Mrs Byrom



Sports Day

Thank you so much to everybody who attended our EY, KS1 and KS2 sports days on Monday. It was so lovely to see you all here and the community feel and sense of togetherness and belonging was truly special. Long may it continue. Well done to everyone, children, staff, audience, and you parent racers!



Free Bee Network Travel

Keep the kids moving without the cost; free Bee Network travel for under 16s throughout August!

Adult tickets cost £2 per journey, and the Bee Network app tracks and plans routes

Parks

Whitworth park - via the 15
Brunswick park - via the 15
Charlton water park - via the 23
Fletcher Moss park - via the 23
Mayfield park - via the 255
Longford Park - via the 15 or 23

The Whitworth

- via the 15 -

Free craft sessions every Wednesday, Thursday, and Friday 1-4pm teaching embroidery and weaving. Everyday there is a play area, Minecraft arcade machines, and opportunities to draw and explore!

Museum of Science and Industry

- via the 255 -

"Rocket Wednesdays" introduce a new space-based activity every week, for example, 5th August is a draw along with Kate Pankhurst - whom Year 3 should know as the author of "Fantastically Great Women Who Changed the World"! The every popular gallery is free everyday, with a picnic area outside.

Manchester Museum

- via the 15 -

Enjoy a picnic for lunch, complete the Super Bug trail to learn about some amazing insects, or visit Stan the T-Rex and see some tiny frogs in the Vivarium!

Police Museum

- via the 255 -

Open every Tuesday 10.30-4pm

People's History Museum

- via the 255 -

Create your own mini robot from paper and use the Story Zone to bring them to life before a picnic on the grounds.

Imperial war Museum

- via the 255 or 248 -

Spies, Lies, and Deception! A free, family-friendly exhibition about espionage WW1 to modern day.

Manchester Day, 26th July

- via the 255 -

A special summer day in Manchester City Centre filled with entertainment, music, dance, and shows! The event is free but is outside the free Bee Network travel offer, so a child fare will be £1 each way.

The Trafford Centre

- via the 248 or 23 -

Every Wednesday and Thursday there will be a free circus show in the Orient with the opportunity to learn some circus skills! Everyday there will also be a splash park and beach from 12-8pm, book online for £2.75 or walk-up priced at £3.50. Additionally they are celebrating the emergency services on the 6th August with a free family event.

Trafford Odeon

- via the 248 or 23 -

£1 seats everyday for kids films screenings

Simply Cycling at Longford Park

- via the 15 or 23 -

Book on £3.50 for 45mins to try all sorts of bikes in a beautiful park with 2 kids playgrounds and animals to look at.

Manchester Art Gallery

- via the 255 or 15 -

Wednesdays 1-4pm will hold a different activity to experiment, play, and create!

Urmston Library Lego Club

Every Saturday 11-1.30pm, no need to book. It's free to join the library and take part in the summer reading challenge, or Chatterbooks: a book club for kids age 7-11 on 4th August and 1st September.

Pets at Home

- via the 248, 23, or 15 -

Book onto free daily workshops to teach children to care for small animals in engaging 45minute sessions.

Aviva Studios

- via the 255 -

Tuesday to Sunday free PlayStation sessions with provided consoles, and special event free parkour on the 26th August

Ordsall Hall

- via the 255 -

Let your 0-7year olds explore the historic house and gardens with the Rhyme and Sound Trail (£2). Book online for £1.50-£3 to involve in various craft events including making a beeswax candle, spice grinding, Tudor games, making a soap ball, seedballs, and bunting.

For a bit more cost...

Cheeky Cherubs

£35 for a 6 week summer pass and a 20% discount for siblings.

Oxygen Activeplay

- via 255 or 256 -

£35 per child for unlimited bouncing and cafe deals, or only £20 to just attend the SEN sessions!

Total Ninja

- via the 248 -

Summer passes for £19 per person or £29 for 4 people. Passholders can visit for one session every day for 6 weeks and get 30% off food and drink. There is a small online booking fee but no walk in fee. You must have grip socks (£3!)

CAROUSEL
★ FUNFAIRS ★
★ HEATON PARK ★

SEN

Thursdays

EVERY THURSDAY
12PM – 3PM

We create a calmer, more relaxed environment
for children and families so **everyone** can
enjoy the funfair in their own way.



NO LOUD
MUSIC



NO MICROPHONE
ANNOUNCEMENTS



EXTRA STAFF
ON HAND TO HELP



QUIET AREAS
AVAILABLE



★ Our aim is to make the funfair
WELCOMING, INCLUSIVE & ENJOYABLE
★ for **everyone.** ♥ ★ ✨

EVERYONE
WELCOME
HERE! ♥

Woodland

SUMMER

SEND SESSIONS



IN PARTNERSHIP WITH TRAFFORD COUNCIL

♥ Relaxed, inclusive woodland sessions for children with SEND and their families to explore, play and connect with nature.



EXPLORE

nature at
your own pace



PLAY

creatively
outdoors



CONNECT

with others in a
welcoming space



RELAX

and enjoy
time together



WHEN: Throughout the Summer Holidays



WHERE: The Nebula Centre Woodland



WHO: Children with SEND
and their families



WHAT TO EXPECT: Outdoor play,
nature activities, sensory experiences
and campfire time.

PRE BOOKING REQUIRED

A CALM,
SUPPORTIVE SPACE
WHERE YOUR CHILD
CAN BE THEMSELVES
AND THRIVE.



Tesco - F&F school uniform items from £3



There's currently 25% off via Clubcard

Go quick

From **Sunday 28 June**, Aldi is offering a full school uniform for ages 4-12 for £5 in stores ([find your nearest](#)), while stocks last.

This is part of Aldi's 'Specialbuys' promotion where stock isn't usually replenished, so go quickly if this is something you're after as it's been very popular in previous years.

What's included?

- Sweatshirt – £1.50
- Cardigan – £1.50
- 2x polo shirts – £1.75
- Girl's pleated skirt – £1.75
- Boy's trousers – £1.75
- Boy's cargo shorts – £1.75

John Lewis - school uniform items from £7*



Available all year. Online and in stores

You can get school uniform items (ages 3-16) online or in store ([find your nearest](#)) from £7 at [John Lewis](#). Standard delivery's £4.50, or free if you're spending over £70.

What can you get?

- [2x polo shirts*](#) – from £7
- [2x skirts*](#) – from £9
- [Trousers*](#) – from £9
- [Sweatshirt*](#) – from £11

Morrisons - school uniform items from £4.95*



Available all year. In stores only

You can get school uniform items (ages 3-13) from £4.95 at Morrisons in stores only ([find your nearest](#)). Stock is beginning to run low in some of the cheapest items, so there's no guarantee you'll be able to get what you're after.

What can you get?

- 3x polo shirts - £4.95
- 2x sweatshirt - £7
- 2x skirts - £8
- 2x trousers - £9

Available all year. Online and in stores

If you go online to [Sainsbury's](#) or visit a store that stocks the Tu clothing range ([find your nearest](#)), you can get school uniform items (ages 2-16) from £3. Delivery's £3.95 and click and collect is free on orders over £10.

What can you get?

- [2x polo shirts](#) - £3-£6
- [Skirt](#) - £5-£7
- [2x trousers](#) - £7-£11
- [2x sweatshirts](#) - £7-£11

From **Thursday 25 June**, if you shop in-store at Lidl ([find your nearest](#)), you can get a full school uniform for £5 for ages 4-12, while stock lasts.

What's included?

- Sweatshirt – £1.50
- 2x polo shirts – £1.75
- Girl's pleated skirt – £1.75
- Boy's trousers – £1.75

The prices are fixed, regardless of what size you need.

You can't check stock levels online, so you'll need to head to your local store to see if you're able to find any. The deal's usually very popular, so go quick to avoid disappointment.

George at Asda - school uniform items from £3*



Available all year. Online and in stores

You can get school uniform items (ages 3-18) from £3 at [Asda](#), both online and in stores. If you're buying online, standard delivery's from £3.75. Click and collect from a store ([find your nearest](#)) is free. Stock for the cheapest items is starting to run very low, so there's no guarantee you'll be able to get what you're after.

What can you get?

- [2x polo shirts*](#) – from £3-£6
- [2x sweatshirt*](#) – from £5-£11
- [2x skirts*](#) – from £8-£14
- [2x trousers*](#) – from £8-£14

Matalan - school uniform items from £4



Available all year. Online and in stores

You can get school uniform items (ages 3-16) from £4 online at [Matalan](#) and in stores ([find your nearest](#)). Standard delivery's £3.99 or you can click and collect from a store for 99p, or it's free for orders over £19.99.

- [2x polo shirts](#) – £4-£7
- [2x sweatshirt](#) – £7-£11
- [2x skirts](#) – £7-£11
- [2x trousers](#) – £10-£16

Matalan 25% off school uniform



In stores and online

If you shop online at [Matalan](#) or in stores ([find your nearest](#)), you can get 25% off school uniform until **11.59pm on Tuesday 30 June**.

The 25% off is automatically applied. Delivery's from £3.99 or you can click & collect to a store for free when you spend £19.99 or more.

What can you get?

- [2x polo shirts](#) – from £3 with discount (were £4-£7)
- [2x sweatshirts](#) – from £5.25 with discount (were £7-£11)
- [2x skirts](#) – from £5.25 with discount (were £7-£11)



From Thursday 2 July, M&S will have 20% off

school uniforms online and in stores, for a limited time, while stocks last.

For the past 11 years, [M&S](#) has offered 20% off school uniform online and in stores at the end of June/beginning of July. It applies to the majority of schoolwear but excludes shoes, accessories and coats.

BARNARD'S



Parent Carer Drop ins



These are spaces for parents/carers to come and chat in a safe space and have the opportunity to speak to our navigators face to face.



Best Start Family Hub West and South

106 Central Road
Partington, Manchester
M31 4FL

3rd Tuesday of each
month, 9:30-11:30am

Best Start Family Hub North

9 Poplar Road, Stretford
Manchester, M32 9AN

3rd Tuesday of each
month, 12:30-2:30pm



BARNARDOS



Trafford Neurodiversity Support

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**

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
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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.

**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





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



0161 262 1622
07514222338



frapp@justpsychology.co.uk



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 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:



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.starlingcio.org) | [starlingcio.org](https://www.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



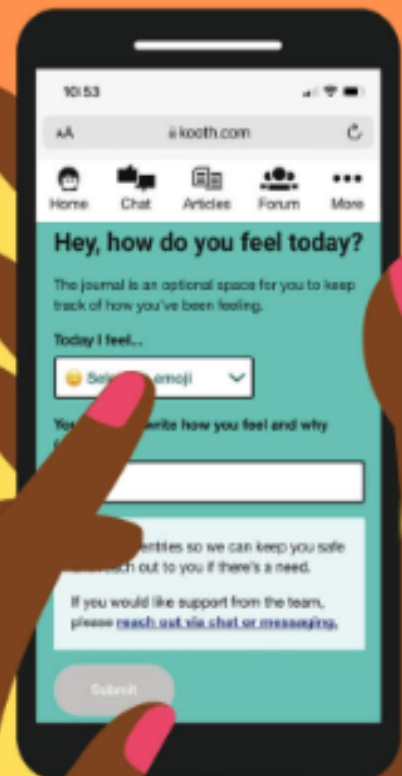
Helpful articles



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



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

