



TOP TIPS FOR THE SUMMER HOLIDAYS



KEEP IT SIMPLE



- Don't feel like you need to plan something exciting everyday.
- Children often really value spending time as a family.
- It's ok for children to be bored sometimes - this can give space for creative play and activity.



DEALING WITH EMOTIONS



- Stick to normal boundaries, but remember less structure might lead to more tricky emotions.
- Accept all emotions, and try to understand what behaviour is communicating
- Name and reflect back tricky emotions "It looks like you're feeling frustrated, but X is not safe".

SEPTEMBER PREP



- Re-establish bedtime routines.
- Practise the timings of a school morning, including the journey.
- Talk about school and open up conversations about any worries which may have developed - listen and normalise these feelings.

LEARNING



- Short, regular bursts of reading, writing and maths will be enough.
- Remember the holidays can be a break from learning!
- Encourage children to create a project or a scrapbook they can work on on rainy days.



PLAY



- Have a go at messy play! If the weather is good, take it outside
- Model play and join in!
- Set up games where children have roles to reduce arguments and show an interest in the games children are playing.



BE SOCIAL

- Arrange to see friends both for the social interaction of children and you as an adult!
- Look for summer holiday clubs as well as events being run by parks, historic buildings and even local companies.

Request a call back from us if you need more support