



December 2021

Helping you to help your child

## 12 TIPS FOR A CALMER CHRISTMAS!

**COVID-19** has dominated the news in 2021. While it's essential to stay up-to-date and to keep testing, it's also important to make sure negative news isn't taking over your Christmas. Check out [www.positive.news](http://www.positive.news) for some happy stories as well!

**DO SELF-CARE** Be aware of your own needs at Christmas. If you need time out, take it.

**GET EVERYONE INVOLVED** Don't try to do it all yourself! Make a chore chart or keep it informal with 'can someone help me, please?' You can find free, printable chore charts online.

**GIVE** Giving doesn't have to be about expensive presents. It can be time, attention, even a meal to a lonely neighbour. Or you could pack a shoebox as a family for children in need. [Shoobox Online \(samaritans-purse.org.uk\)](http://shooboxonline.org.uk)

**IMPERFECTLY PERFECT** Wonky, home-made decorations, a messily-decorated biscuit...sometimes the imperfect is better than the perfect! Don't aim for perfection, aim for 'good enough.'

**KEEP PERSPECTIVE** Think about what's essential this Christmas. Why dress up for the family photo shoot if it's just going to create unnecessary hassle and stress? In-the-moment photos, unposed, may make better memories.

**MAKE TRADITIONS** Lots of families have their own traditions at Christmas. Traditions can give a sense of stability – especially important when times are uncertain. Tracking Santa counts! [Official NORAD Tracks Santa \(noradsanta.org\)](http://noradsanta.org)

**MONEY** From matching PJs to festive feasts, the pressure on families to spend lots of money at Christmas can be huge. If you're worried about finances, talk to someone. [www.turn2us.org.uk](http://www.turn2us.org.uk) and [www.stepchange.org](http://www.stepchange.org) are both charities helping people in debt or worried about money.

**RELAX** Life can get busy at Christmas. Make sure your family has much-needed down-time. Snuggly duvet days, movie nights and just pottering about at home are important for you and your children's mental health, too. [YouTube](https://www.youtube.com) has many free films and animations.

**RETAIN ROUTINE** Although lots of families like being more free in the holidays, keeping some routine isn't a bad thing. Planning can be your friend, if you use it to alternate times of activity with times of rest.

**SET LIMITS** Whether you're visiting or hosting, have a set time limit so your family doesn't become exhausted or resentful.

**TALK** Christmas can be a stressful time for many people for lots of different reasons. Make sure you have time to talk, whether that's with your partner, a friend or someone in your family. For more serious issues, try: **Mind (0300 123 3393)**, **Shout (text 85258)**, **Samaritans (0808 164 0123)**, **Family Lives (0800 800 2222)**, **Young Minds Parent Helpline (0808 802 5544)** or **Grandparents Plus (0300 123 7015)**.

You can call the Pastoral Team on 01933 676040 or email  
[pastoral@redwellprimary.co.uk](mailto:pastoral@redwellprimary.co.uk)

**We would like to wish you a happy Christmas and peaceful New Year!**