

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 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 and 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

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