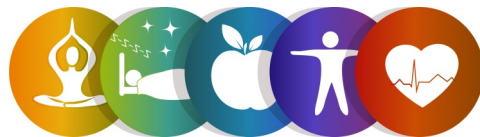




# THE AVENUE INFANT SCHOOL

## Mental Health & Wellbeing Newsletter

July 2023



When asking parents about their feelings towards the summer holiday period, there can be a sense of dread, some shared their anxiety about the extra stress the six week break would bring (keeping our little ones occupied, safe & happy) & others about the challenges of juggling childcare.

It seems that many of us feel that we're either looking after children or working, rather than replenishing ourselves. A lack of quality time to spend with our partners due to splitting up annual leave to cover as much of the holidays as possible can take it's toll on families.

Keeping everyone entertained can impact on our finances and emotional as well as physical (affecting sleep and diet) wellbeing and it's important that, as parents, we are mindful of this. It may seem selfish or self-indulgent to focus on yourself but you have to reflect on things, to be kind to yourself and be your own best friend.

Allow friends and relatives to be supportive, and don't be embarrassed to tell them what you need. You may need someone to listen, or an outlet for how you're feeling, a casserole delivery or a helping hand to look after your other children. Seek out and use support helplines. Below are a few websites you can access for

[5 Easy Ways To Survive Summer With Kids](#)

Surviving summer can be a challenge for parents. The summer should be a time of relaxing, holidays, and no school, but the summer is also a stress to lots of families, which can over shadow the fun and freedom of summer.

[Support for Parents from Action For Children](#)

Down-to-earth parenting advice you can trust.

[The 2023 summer holiday survival guide](#)

If the end of term usually means stress, expense and screen battles, try these tips to get your summer off to a trouble-free start

[Wellbeing - BBC Parents' Toolkit - BBC Bitesize](#)

Wellbeing tips for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health.



Let's look out for and support one another



# Jump Back Up July 2023

## SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

## SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

## MONDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

## TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

## WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

## THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

## FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



ACTION FOR HAPPINESS

Happier · Kinder · Together

# Activities locally

[Summer activities - Wellingborough | North Northamptonshire Council \(northnorthants.gov.uk\)](https://www.northnorthants.gov.uk)

[20 Best Things To Do Outdoors In Wellingborough](#)

Wishing you all a wonderful summer and looking forward to welcoming you back on 6th September.

Look after all of you and all of you look after yourselves!