

KEEPING WELL OVER THE WINTER BREAK

Info & ideas for Parents/ Carers

Although it's a season that is thought of as joyful, and often is for many, we know that the winter holiday period can be a tough and challenging time for more people than you'd imagine. There's a change in the routine, and more unstructured time that can feel difficult and overwhelming to manage. You may also feel pressured to feel or present yourself a certain way during this time. We have therefore created this guide to support you and your family to stay well.

Activities for your child to try

Dance, Dance, Dance

Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet. When you feel like you need a distraction or a boost, put on your playlist and start to dance. *The combination of uplifting music and physical activity triggers a positive response in our bodies!*

Being outdoors

Nothing beats fresh air, and being in nature! Take a walk with your child/children in your local park, and use your 5 senses to be present in the moment. What things can you see, hear, feel, smell or taste?

Power of positivity

Sometimes we notice the negatives more than the positives. You could create a 'positivity box' or notebook to remind yourself of all the amazing things about you and your children, for any time you are not feeling your best. Think of five things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box. You can do this for yourselves and/or your children.

"I am amazing!"

"I am a great
sibling!"

"I am healthy!"

"I am kind!"

Get creative!

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. There are loads of activities to suit everyone. You might want to try arts and crafts (such as making holiday cards, glitter bottles or winter ornaments). Maybe you could try baking some special treats?



Scan for more winter
crafts ideas!

Acts of kindness

When we're kind to each other, it can help the world feel like a happier place. Kindness boosts our feelings of confidence and happiness, and can make us feel more in control. Think of different things you can do that are kind to others. Acts of kindness help others and can also encourage them to be kind too.

Having mindful moments

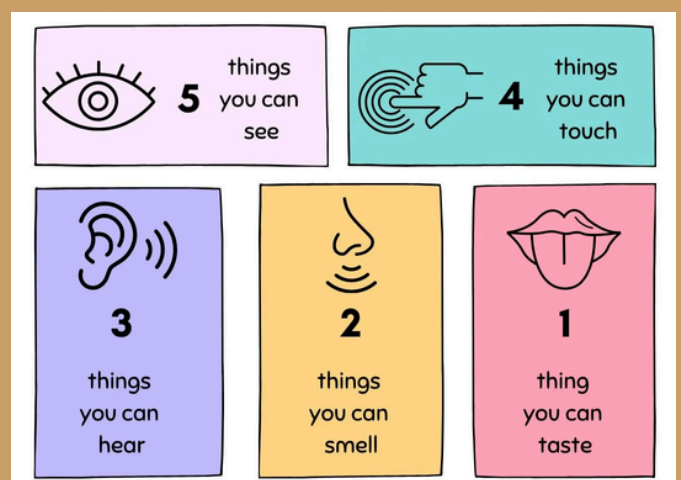
Being mindful means being aware of what is going on around you and how you are feeling. When we notice ourselves feeling anxious or worried about something, we can practice some skills that will allow us to relax and be present in the moment. Here are some ideas:

Deep Breathing



Breathe in through your nose for 5 seconds, hold for 3 seconds, and breathe out through your mouth for 7 seconds. Repeat!

54321 technique



5 colours

Notice five things around you that are yellow/ blue/ green etc.



Local activities in the area.

Sutton Winter Unlocked (HAF)

Sutton families with children in school years Reception to year 11, who are in receipt of benefits related to free school meals, can access FREE fun, local activities during the Winter holidays including a nutritious meal and a fun physical activity every day. Our next programme will be our Winter (Christmas) programme from Monday 22 December - Wednesday 31 December (excluding bank holidays and weekends).

Bookings page and more information can be found on
<https://suttoninformationhub.org.uk/pages/haf/haf-bookings>

There are also local events such as those held at the St Nicholas centre check local newspapers such as Sutton Guardian for more information

[www.yourlocalguardian.co.uk/
topics/entertainment](http://www.yourlocalguardian.co.uk/topics/entertainment)



Information about some different festive events can be found on the **Sutton Information Hub** website
<https://suttoninformationhub.org.uk/events>

Find out more about Family Hub events here
<https://suttoninformationhub.org.uk/organisations/sutton-council-family-hubs>

Or on Facebook: Start Well Sutton Children's Centres and Family Hub



Events held in Sutton libraries and museums can be found here

[https://libraries.sutton.gov.uk/
bookshelf](https://libraries.sutton.gov.uk/bookshelf)



Looking after yourself as a parent/carer

Winter break can be a joyful but challenging time for parents and carers, filled with busy schedules, holiday preparations, and the responsibility of keeping children entertained. During this busy period, it is important to remember that self-care is important. Prioritising your well-being ensures you have the energy, patience, and emotional resilience to support your family.

Taking moments for rest, engaging in activities you enjoy, maintaining healthy routines, and staying connected are important aspects of self-care. When you care for yourself, you're better equipped to care for others, creating a positive environment for both you and your children

Self-Care during the winter break can look like:

waking up before your kids



listening to music/podcast



cooking a festive recipe



keeping active



sticking to routines



staying connected

