January, February, March...

“Cold temperatures can put stress on the body and mind. ... There is no denying cold temperature can have an adverse effect on the brain.”
Helping our children navigate the stresses and strains of daily life is more important than ever
One in eight children between 5-19 has a diagnosable mental health condition (a rise of 48% since 2004)
These can include emotional disorders such as anxiety and depression
Pressures young children face range from school stress, friendship issues, worries about jobs and housing and concerns around body image.
Resilience is the ability to overcome difficult experiences and be shaped positively by them.
How do you react to adversity?
Resilience can be taught, modelled and nurtured at any age
We can’t always remove challenges
We can pass on skills to help children cope better with them
Make some tweaks to help your children thrive

5 Top Tips
One-on-One time with each child no distraction
Give sleep a chance

Lack of sleep is a driver for stress
Fastest way to improve is to limit screen time before bed
Blue light – suppresses production of melatonin
Get out and exercise
Teach delayed gratification
Eat the alphabet over 30 days
Plant-based, rich in fibre
Model gratitude

Reframe the day
How was school? X
What did you do today? X

1) What did someone do today to make you happy?
2) What did you do today to make someone happy?
3) What have you learned today?
Be a model “failer” – talk about it, explain it

When things go wrong... STAY STRONG!
Hairdressing Classes
Mondays (starts 21st Jan)
Cutting for Improvers
Styling for Beginners
Mindfulness Course
9 – 12
Thursday 24th January
Parent Gym – to help your child be happy, confident and do well
Tuesdays from 12\(^{th}\) Feb
COMING SOON

WORD UP!
Family Bread Baking Night
Wed 13\textsuperscript{th} Feb 5.30 – 7pm
Next Week: Making your money last