

KEEPING WELL OVER THE WINTER BREAK

We know that that the winter holiday period can be a tough and challenging time for some. 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 will showcase your kindness. Acts of kindness can encourage others to be kind too.

Having mindful moments

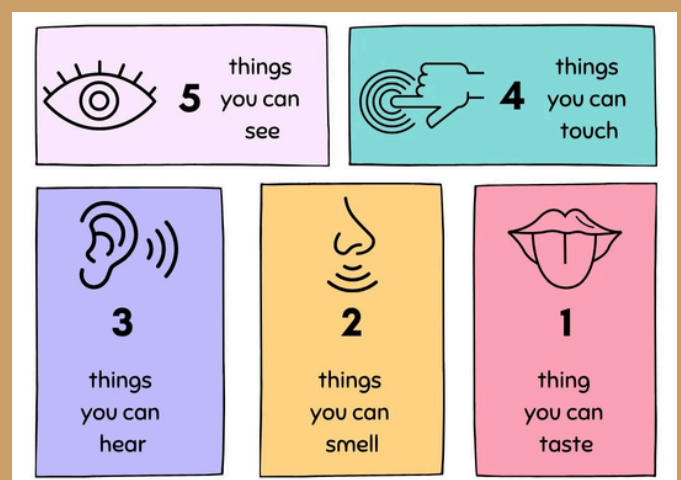
Being mindful means being aware of what is going on around you and how you are feeling. When we notice ourselves feeling anxious or worried about something, we can practice some skills that will allow us to relax and be present in the moment. Here are some ideas:

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.

Wandsworth Winter Unlocked (HAF)

Scan QR code for the different activities available.



Wandsworth 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



Tooting Cluster Start for Life Offer: What's on from Monday 23rd December 2024 to Friday 3rd January 2025

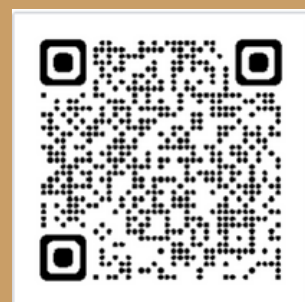
	Monday	Tuesday	Wednesday	Thursday	Friday
Franciscan Children's Centre	10.00am-11.30am Stay Play and Learn 0-5 years old Drop in Pantry Offer Time: 10.00am - 1.30pm and 1.30pm - 2.30pm families can collect pasta and tinned vegetable's to support home cooking		25th December Christmas Day CLOSED		Friday 27th December 9.30am - 12.30pm Advice and Guidance Form filling, applying for a nursery place or any other matter where support is needed Friday 3rd January 10.00am - 11.30am Stay Play and Learn 0-5 years old Drop in
221 Franciscan Road SW17 8HQ	1.30pm - 3.30 pm Advice and Guidance Form filling, applying for a nursery place or any other matter where support is needed		 To access information about Cost of Living Support and stay updated		Friday 27th December and Friday 3rd January 1.30pm - 3.30 pm Advice and Guidance Form filling, applying for a nursery place or any other matter where support is needed
Fayland Children's Centre		10.00am - 11.30am Stay Play and Learn Children under 7 years old Drop in Pantry Offer Time: 10.00am - 1.30pm and 1.30pm - 2.30pm families can collect pasta and tinned vegetable's to support home cooking	25th December Christmas Day CLOSED	Boosing Day 26th December and Thursday 2nd January 10.00am - 12.00pm Breastfeeding Support Group delivered by BabyFare Drop in	
Fayland Avenue SW16 1SY		Advice and Guidance Form filling, applying for a nursery place or any other matter where support is needed	1st January New Years Day Closed	Thursday 2nd January only 1.30pm - 3.00pm Stay Play and Learn Children under 7 years old Drop in 1.30pm - 3.30pm Well Child Health Clinic Drop in Please arrive by 3.15pm	

Franciscan, Fayland and Smallwood and Balham Centres Contact: 020 8871 7415



Day out to see the Christmas Lights: (i.e Central London. Battersea Power Station).

Please visit the Education Wellbeing Service You Tube channel.



Activities for 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. Prioritizing 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



keeping active



listening to music/podcast



sticking to routines



cooking a festive recipe



staying connected



Here's some other support services that you can access during this time

SLP CAMHS Crisis Helpline

SLP CAMHS Crisis Line

Urgent mental health support for children and young people in South London

0203 228 5980

Opening hours: 9am – 11pm
365 days a year

Young Minds

Offers tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online. You can use our Helpline service ([0808 802 5544](tel:08088025544).) if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.



Advice and support for parents and carers. For more information please visit the Childline Website by [clicking here](#) or Call 0800 1111



BATTERSEA Domestic abuse

ONE • STOP • SHOP

A free drop-in service providing legal advice, information, and support to those experiencing domestic abuse. For more information call [020 3879 3544](tel:02038793544) (Mon-Fri 9am-5pm).

St. Mark's, Battersea Rise, SW11 1EJ (entrance on Boutflower Road)

Open every Monday,
10am-12pm
(excluding Bank Holidays)



Please scan qr code to find out more

