



## Our Family Plan



Over the summer holidays we will ...

- 1.
- 2.
- 3.
- 4.
- 5.

# Tips and Ideas to support your child's wellbeing this summer holiday!



### Useful organisations

- **Motiv8**—support for young people [www.motiv8.org.uk](http://www.motiv8.org.uk)
- **Mind**— Mental health support for the whole family [www.easthantsmind.org](http://www.easthantsmind.org)
- **Off the Record**—Counselling and Group Work for Young People and Parents / Carers, and the Havant Young Carers Project [www.otr-south.org.uk](http://www.otr-south.org.uk)
- **Kooth**—Digital Counselling [www.kooth.com](http://www.kooth.com)
- **Public Health**— Wellbeing advice [www.hants.gov.uk/socialcareandhealth/publichealth](http://www.hants.gov.uk/socialcareandhealth/publichealth)
- **Hampshire CAMHS**— Mental health advice for children, young people and parent/carers [www.hampshirecamhs.nhs](http://www.hampshirecamhs.nhs)
- **FISH**—Activities near to you [www.fish.hants.gov.uk](http://www.fish.hants.gov.uk)
- **111**— Non-urgent physical and mental health medical

Pin me to your fridge!



Supporting your child and your own wellbeing over the summer holidays can be difficult but it is important as 6 weeks is a long time.

Here are some ideas and handy tips for your family's wellbeing that you might like to try!

Make sure to sit down with your family and create your plan found on the back of this Leaflet ... try sticking it to your fridge to keep you on track!

## Ideas



- Be creative; draw, paint, make art out of recycling, photography projects on your phone.
- Learn something new; take part in the Hampshire Library Summer Reading Challenge [www.hants.gov.uk/librariesandarchives/kids-zone](http://www.hants.gov.uk/librariesandarchives/kids-zone)
- Go outside; visit the local park, go on a nature hunt, visit the beach, take a picnic.
- Spend time together; play games, listen, watch movies, eat together.
- Get your children involved; create and prepare meal, choose activities together.
- Speak to your friends, family, school or a professional who is supporting your family before the holidays to find out what activities your child could access.

## Handy Tips



- Create a plan, good preparation can reduce feelings of anxiety.
- Speak to friends and family for help. Share good ideas and things to do! Remember you are not on your own.
- Remember not all activities need to cost money—be creative!
- Pack a picnic this will reduce the cost and encourage healthy eating; for some lunch box inspiration visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- Limit screen time, get children active this will help them to sleep better and connect with you and their peers.
- Make sure you keep routines—bedtimes, meal times, exercise and hygiene are important for children's mental and physical health.
- Talk to your children, listen and pay attention to their emotions.
- Whatever age your child is supporting their wellbeing is important as well as looking after your own!
- If you are concerned about your child or your own mental or physical health please call **111**. Trained mental health nurses and therapists are available to give you advice.