



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Sarratt Church of England Primary



St Pauls Chipperfield Church of England Primary



### Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow

# Top Tips—School Holidays Survival! A Guide for Parents



We recognise that the School Holidays is not always easy for parents or carers. The holiday breaks can put a lot of pressure on a family, on the children and particularly on those who care for the children. Pressure to keep children entertained, pressure to attend lots of activities and pressure on your time can often lead to increased anxiety within both adults and children.



- ◆ Think about a family kindness chart to encourage children to do things for other people including the adults
- ◆ Good deeds do not necessarily require a costly reward—Praise can be magic.
- ◆ Praise for Doing—Tells our child we have noticed what they are doing and we like it.
- ◆ Praise for Being—Tells our child that we value them for just being who they are—their personality, their smile.



- ◆ Keep Calm and Carry On—If you feel you are losing your patience distract yourself and if you can, deal with the problem later or walk away - a few seconds can make all the difference.
- ◆ Time Out Works—For you and your child
- ◆ The simple things are the best—dressing up, a nature trail, art and craft—use old materials you may have at home for a fun filled afternoon. Great for a rainy day!

Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For More information visit [www.familylives.org.uk](http://www.familylives.org.uk)



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