

OTTERSHAW WELLBEING NEWS!

Summer 2025

Useful links:

Parenting and Family Support | Family Lives - Family lives uk— offers a confidential helpline and online workshops to support all aspects of family life.

<https://parentingsmart.place2be.org.uk/> - Parenting advice from mental health experts. Practical tips to support children's wellbeing and behaviour.

Is your child a poor sleeper? If you were unable to attend our sleep workshop— advice is available from [Sleep and young children - NHS](https://www.sleepandyoungchildren-nhs.uk) and www.midnightmentor.uk

[Parenting courses and advice - Surrey County Council](#)

The Youth Fairy:

<https://www.theyouthfairy.com/anxiety-tips-parents-guide>—useful guides/strategies about supporting your anxious child. from the inside out. Building Self Esteem is a huge part a recent post by Youth Fairy is a good read. Read the full post here <https://www.theyouthfairy.com/fostering-self-esteem-in...>

www.bbc.co.uk/bitesize/parents— Lots of useful tips from what to do on a rainy day etc.

Dear Parents and Carers,

Thank you for the positive feedback! We hope you find the following information just as useful. Whilst Summer holidays are lovely and an important time for making family memories, we recognise they can add pressure on busy families too, so we've added some information that may help!



Parenting Puzzle Course Registration required

Free course run by Runnymede Family Centre.

Having children is rewarding, but it can also be stressful.

Learn how to deal with the challenges of parenting using a positive approach, for a calmer, happier home life in this five week course.

This will be held at the
Tesco Community Room, Tesco Addlestone,
117 Station Road, Addlestone, KT15 2AS

Please contact :

runnymedefamilycentre@barnardos.org.uk



5th July sees the launch of
Reading Agency Libraries
Summer Reading Challenge.

We will be launching this
with the children school!

Getting out and About:

In case you missed it we've attached the 'Discounted Days Out' list sent out with an earlier newsletter.

Some 'stay-at-home' days are good too! See BBC parent link on left. Also don't forget to make the most of our lovely local spaces for walks, bike rides, camp building, nature hunts and picnics - The fabulous new open space at Broxborough Park, Good old Ottershaw Park, St Ann's Hill, Chertsey, Holmwood Park, and the public footpaths through to Fair Oaks Airport. Free, fresh air and nature ... good for everyone!



Book online at <https://chertsey-museum.arttickets.org.uk>;
or call: 01932 56576

2nd Aug : Museum Makes
FREE 1.30-3.30 family
craft activities.

Blue-Light Addiction

More free time almost inevitably leads to more screen-time. This link explains impact/symptoms of screen addiction and ways to manage your child's screen time.

Digital Addictions: A Family Guide to Prevention, Signs, and Treatment - Children and Screens
NSPCC guidance on ages/tech time: [Children and technology: Age-appropriate usage advice | NSPCC](#)

BBC Bitesize/parents have some top tips about getting ready to return to school in September.
Definitely worth a read.

HAPPY HOLIDAYS
EVERYONE..

When we get there!
(Long may the sunshine last!)

