

Mental Health Newsletter



Welcome to mental health newsletter page

Supporting mental health this Christmas

As we approach the festive season, we know that Christmas can be a time of great joy – full of light, love and togetherness – but it can also bring challenges for many families. At Teagues Bridge we continue to support the wellbeing of our community – both children and parents. Christmas can be a wonderful opportunity to reconnect, reflect and celebrate the blessings in our lives. However, it is also important to recognise that the season can feel overwhelming for some. Routines change, expectations rise, and emotions run high. Taking time to care for your mental health, and that of your children, helps everyone enjoy the season in a calm and balanced way.

Why some children struggle more at Christmas

Understanding these challenges helps us support children with empathy and calm, helping them feel safe and secure

Change in routine ~ The structure of school disappears, which can increase anxiety and tiredness.

Family stress or conflict ~ Financial pressure or tension at home can affect children's sense of security.

Social comparison ~ seeing 'Perfect Christmases' on TV or social media can make children feel left out or different.

Loneliness or loss ~ Christmas can remind children of loved ones who are no longer here.

Sensory overload ~ Bright light, noise, and busy environments can feel overwhelming, especially for neurodivergent children.

Less access to help ~ Teachers, and Inclusion mentor may not be available during break.

