

LOOK AFTER YOURSELF

"You can't pour from an empty cup"

Parents' wellbeing matters at Christmas – caring for yourself helps keep your family happy and allows you to stay calm, strong, and present for your children.

1. Take moments of quiet, even five minutes with a cup of tea, a walk, or a prayer can help.
2. Don't aim for perfection, children remember laughter and love, not how tidy the house was.
3. Ask for help if you need it, talk to a friend, family member, or professional support.
4. Sleep, rest, and nourishment are essential, not optional.

If you ever feel your mental health is declining, please reach out. Seeking help early can make all the difference.



Supporting Children's Mental Health Over Christmas

Keeping a gentle routine

Maintain familiar mealtimes and bedtimes where possible.

Reducing pressure

Focus on togetherness over perfection.

Providing calm spaces

Give children somewhere quiet to reset.

Staying connected

Encourage friendships and open conversations

Talking about feelings

Let children know it's okay to feel a mix of emotions.

