



Summer is finally upon us!

While the holiday will no doubt bring on new challenges with the kids at home, we hope it will also provide an opportunity for your family to rest, recuperate, and recharge your batteries ahead of the new school year.

HAPPY HOLIDAY FROM US ALL AT HFEH MIND!

Children invariably interact with apps, social media, and gaming a lot more over holidays.

This impacts their wellbeing in both positive and challenging ways.

If you allow more technology time, why not set some boundaries and compromises from the outset.

Perhaps you can create a challenge together: their tech time will be based on the time they spend on other activities and rest. Here are some no-cost examples...

SENSORY REST

Tech overwhelms our senses, particularly interactive games. To avoid overstimulation:

- Schedule periods of tech-free time, including mobile phones
- Reconnect with nature in woodland or parks, or on the beach. Breathe in the fresh air and appreciate the natural colours, smells, and sounds
- Do some breathing and mindfulness exercises together to reconnect mind and body – here are a couple of examples: [3-minute meditation video](#) and [4-minute breathing activity](#)

MENTAL REST

Practice all-consuming - but not too mentally strenuous - activities to calm/ distract/ inspire your child's mind e.g.,

- Listen to soothing/ uplifting music
- Borrow books from the library or your friends
- Bake some cupcakes together
- Get creative the old-fashioned way by drawing or making collages

PHYSICAL REST

Children and teenagers should have 8-10 hours of sleep a night.

- Maintain a routine over the holiday – if your child is allowed to stay up later, it helps to keep the new bedtime consistent
- Make their bedroom a sanctuary - a calm, dark, cool, and quiet space (eye masks and ear plugs/white noise can help in shared bedrooms!)
- [National Sleep Foundation](#) recommends no stimulating tech should be used in the hour before bedtime

Physical rest isn't all about sleep...

- Practice restorative yoga such as this [adapted yoga class](#)
- Get physically active: play tag and "keepy-uppy", dance around the house, do some star jumps!
- Lie down for some [muscle relaxation](#)
- Make sure you're all keeping hydrated

The Anna Freud Foundation has lots of ideas in their self-care packs here:
[Primary students](#) / [Secondary and College students](#)

LOOK AFTER YOURSELF TOO

- Holidays can be stressful. Holding onto emotions to please others or because we feel unable to express them takes a lot of energy. Practice saying how you truly feel to a trusted loved one – If this is daunting, why not express your thoughts through journalling
- To avoid rumination when trying to sleep, write down any worries and outstanding tasks before bedtime – they can all wait until the morning!
- Positive social interactions nourish our mental wellbeing. Make time for friends and family who make you happy – but don't be afraid to decline invites if your social battery is running low
- Remember you're not alone – there are plenty of [online resources](#), support groups and podcasts to turn to for positive connections and a sense of belonging