

JULY 2025

NEWSLETTER

FAMILY NEWS

Welcome to the new Family Newsletter

We want to offer parents and carers information, ideas and activities on how to build strong bonds and embrace the power of healthy relationships within families.



Click Here!

BROMLEY PARENTING HUB

WWW.BROMLEYPARENTINGHUB.INFO

The Bromley Parenting Hub provides inclusive support for all family types, including traditional, blended, and co-parenting households. The tools and information help to distinguish between normal disagreements and harmful conflict, and offer strategies to manage stress and improve communication. All the resources are designed with your child's well-being as a top priority.



START THE CONVERSATION

Looking for a way to connect with your child or teen this summer? **The Young People Thought Prompt Cards** are a fantastic tool to help parents and carers open up meaningful, age-appropriate conversations around :

- How to express their thoughts and feelings.
- Help parents explore topics like friendships, online relationships and changes in family life.
- Build trust and strengthen communication—especially helpful during times of change or conflict.

Please [click on the link here](#) or scan the QR code to access the cards.



Click Here!

SUMMER TIPS FOR FAMILIES

1. Plan ahead

Plan ahead with a weekly schedule for children. It's important to include outings, rest, meals, and transitions if co-parenting. Flexibility is crucial for reducing stress, so there's no need to worry for children to worry if plans change.

2. Keep it simple

Memorable experiences do not require expensive outings. A picnic, library visit, or home movie night can be just as special.

3. Plan for downtime

Both children and adults need rest, so avoid feeling pressured to fill every day with activities.

4. Talk about feelings

Summer can bring big emotions—excitement, boredom, anxiety. Create space for your child to talk about how they're feeling.

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Young People Thought Prompt cards



How to look after YOU



Healthy Relationships



What is parental conflict?



Your viewpoint quiz parental conflict



Divorce and separation



Changes in your family



"The behavioural iceberg and positive and negative acts"



Early Intervention and Family Support
Safer, more secure and happier families
are at the heart of everything we do



Bromley Parenting Hub.
Building stronger parental relationships

