

fAMILY

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NEWSLETTER



Bromley Parenting Hub.
Building stronger parental relationships

Welcome to the new Family Newsletter

We are delighted to bring you useful insights, creative ideas, and engaging activities that help nurture strong family connections and highlight the value of healthy relationships at home.

Family values

Understanding your family values is one of the most powerful steps you can take toward calmer, more consistent parenting. Values influence everything – how we speak to our children, the boundaries we set, the expectations we hold, and the way we handle stress or disagreements. Bromley Parenting Hub offers free activity for families to bring those differences into the open in a positive, constructive way. Please scan the QR code below or [click this link to access “Family values” activity.](#)



How will your family benefit from this activity?

- Strengthen teamwork
When parents understand each other's values, they can work together with less conflict and more empathy.
- Improve communication
Talking about values creates a safe, calm way for parents to share what matters most without judgement.
- Make parenting more consistent
Children feel safer and grounded when both parents act from the same core principles.
- Build a positive family identity
Shared values give children a strong sense of who they are.

YOU GOT THIS!

Your feedback matters!

We would love to hear from you!

Whether it is something you enjoyed, something that didn't quite work, or a suggestion to improve, we would love to hear from you!

Please email rpc@bromley.gov.uk



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

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Scan the code below for the direct access to free resources



Child Viewpoint Quiz



Quiz for parents who are together



Quiz for parents who are separated



Relationship Thought Prompt cards



RPC activities



Free parent workshops and courses



Young People Thought Prompt cards



Children's books recommendations