

## 5 Top Tips to Prepare for Summer Holidays

### 1. Use a Visual Calendar

One of the most effective tools we can use to support our children and young people is visual aids.

Try using a calendar to support your child's understanding of time passing over the holidays. Mark in any activities you have planned and colour in each day as part of your daily routine. This will help your child to feel time passing, prepare themselves for any activities and for the summer holidays ending.

Why not check out our template on the next page? This can be printed or you might like to try drawing one with your child?

### 2. Keep Some Routine

Routine is another helpful tool for supporting your child. Routine can help you and your child to feel ready for what is coming next. It helps us to understand what is being asked of us and what is needed for us to feel comfortable doing it.

Why not check out our "5 Top Tips for Routine" to help you manage your routine this summer.

### 3. Caring for Yourself is Caring for Your Child

The holidays can be a stressful and demanding time for parents and carers. It can be difficult to remember to take care of yourself. However, it is one of the most helpful things you can do for you and your child.

If possible, try to share the duties of looking after your child/ren with your partner or someone else who is available to help. This will give you some more time to look after yourself.

Why not check out our "5 Top Tips for Self-Care" for some ideas on how to look after yourself as well as your child over the holidays.

### 4. Sleep

It's easy to use the holidays as an excuse to stay up later than usual, but this might not help in the long term. Lack of quality sleep can affect emotions and energy – for children, young people and grown-ups too.

Try to find a balance between the additional freedom the holidays can allow with the need for sleep. This will help both you and your child feel engaged and able to enjoy the activities you do.

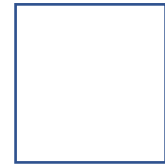
### 5. Try to Find Balance

In many ways the holidays are a balancing act for parents and carers. Finding the right amount of activities, down time and sleep can be difficult. However, by using the steps mentioned above and taking some time to think about what amount of each is needed for your child/ren and family, you may feel more prepared for the summer holidays.

# July



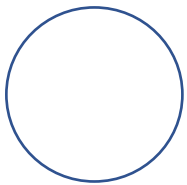
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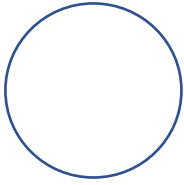
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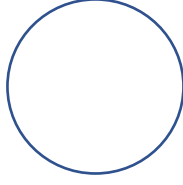
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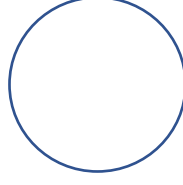
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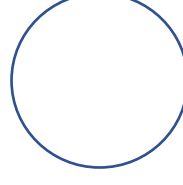
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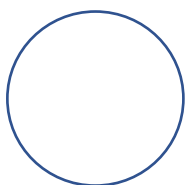
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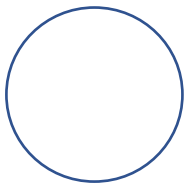
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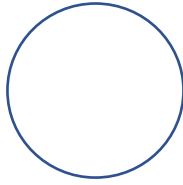
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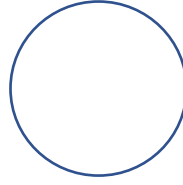
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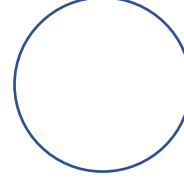
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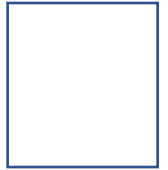


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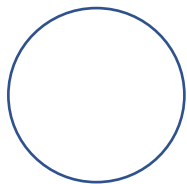
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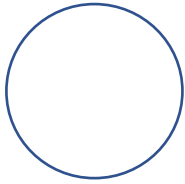
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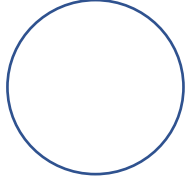
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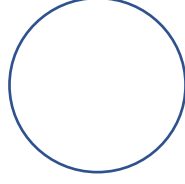
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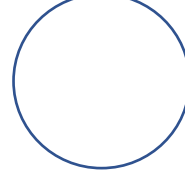
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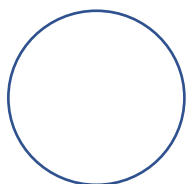
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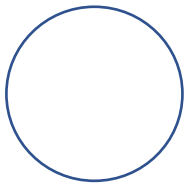
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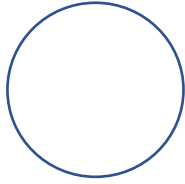
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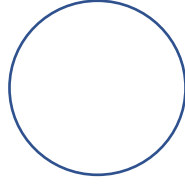
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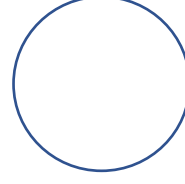
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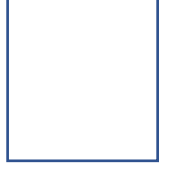
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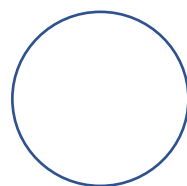
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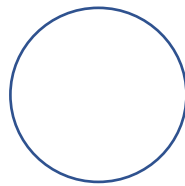
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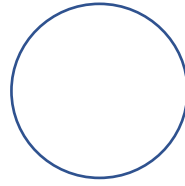
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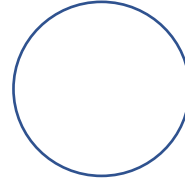
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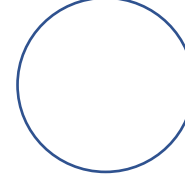
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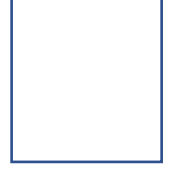
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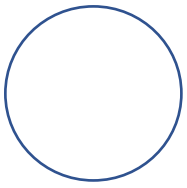
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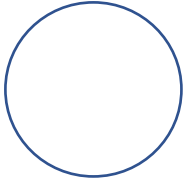
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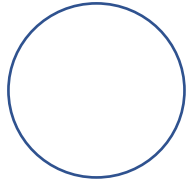
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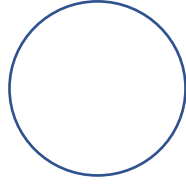
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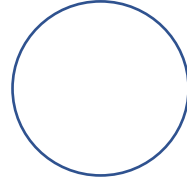
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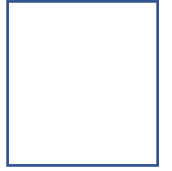
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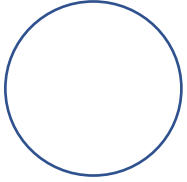
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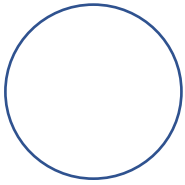


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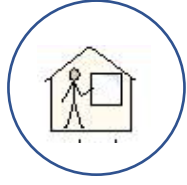


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# September



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