

Being a parent...toughest and best job in the world! It doesn't come with an instruction book of 'top tips' on how to manage the most difficult times but it is the most rewarding and fulfilling role we'll ever take on!

From the minute they are born we begin to make connections with our children, forming bonds that will last forever. We ride the rollercoaster of toddler and teenage tantrums, making mistakes but working through the highs and lows of our relationship. Emotional harm caused by occasional angry or hurtful confrontations is repaired and the relationship restored because of those bonds.



At this unprecedented time when parents have also become educators it is important to ensure that we are not only meeting the needs of our children but our own needs too. Our children will be feeling confused and vulnerable, unsure of their place in the world having lost the routine and security of going to school. As parents the pressure of maintaining a high level of academic success with our children, as well as managing the stressors of everyday family life, can become overwhelming.

It is ok to feel overwhelmed and unsure of what to do for the best. Maintaining strong relational bonds with our children will support healthy emotional well-being. One of the best ways to achieve this is through play and having fun. Play allows us all to explore new experiences and express emotions. Make time for games and enjoyment throughout the day. Give yourself permission to stop the formal learning for a while and go outside to learn in a different way. Enjoy the warmth of the sunshine, and if it's raining, splash in the puddles! Go for walks and notice all the things in your local environment that you've never had the chance to appreciate before. Cook and bake with your children, start a new hobby or learn a new skill. Imaginative and role play is particularly important as it gives us the freedom to express our feelings in a safe space. So go on...turn your living room into a magical underwater kingdom with mermaids and unicorns, or a castle with knights and dragons...you'll be amazed by how much fun you'll have!!!



Leicester City's Primary School Social Emotional and Mental Health (SEMH) Team ©