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Summer Holiday - top tips!

Fola Sutherland, Rowhill's Occupational Therapist has shared some of her top tips ahead of the Summer Holidays.

- 1. Try to keep some sort of schedule** - this will be helpful to both you as parents/carers and to your young people, to provide some predictability, structure and consistency to the long summer break. This does not need to be rigid, and where possible you could involve your young person in putting this together. This can include a range of indoor/outdoor activities, visits to friends and family or holidays if you have any planned.
- 2. Take advantage of free/reduced price activities** - many leisure centres, swimming pools, trampoline parks and soft play centres offer discounted rates and sometimes free sessions for children with additional needs, look into what your local area has to offer.
- 3. Spend time outdoors** - this has benefits on your sleep, wellbeing, mood and respiratory system. Take a picnic and head to your local park or go for a walk with the family.
- 4. Summer projects** - a summer project or scavenger hunt is a good activity to keep younger children engaged during the holidays, Searching on Google will bring up lots of child-friendly scavenger hunts and summer projects that can be done with items you probably have at home already.
- 5. Ask for help** - if you or your young person find the holidays overwhelming, do reach out to friends, family or loved ones for support. If you need professional help, contact your GP or social worker/early help worker if you have one. Do not feel you need to cope alone as support is available.

We hope you will find some of these tips useful. From Fola and the rest of the therapy team, we'd like to wish you a restful and enjoyable summer break! See you in September!

