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Dr Lisette Johnston

Why two cars are much better than one

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So far, it’s worked out well. Then again my idea of a holiday is now quite different to the traditional definition. For example, I’ve been pleased with seven hours’ sleep, my mum preparing their porridge and not having to buy groceries.

A top tip for any family holiday is to travel separately without the actual family.

In our case, we were forced into travelling independently due to our inability to afford a large family SUV. There was no way we could fit all the paraphernalia and twins inside one fairly small hatchback so we split loads and took both our fairly small hatchbacks.

parenting column by
Sasha Hart, family care
manager at Community
Family Care, Staunton

with back-to-school
time approaching,
preparing to get back
in to the school routine
can trigger a range of emotions.
Parents may feel a sense of relief combined with sadness that extended time as a family is over.
Children may feel apprehensive about going back or feel excited about time as a family is over.

The first few weeks of term can be stressful so we’ve put together some survival tips.

Be prepared
During the first few weeks of term your child is likely to be tired and more likely to misbehave or be irritable.
They have gone from a prolonged time at home and fun activities to a structured day with a cognitive overload.

Factor this in when booking other activities and allow your child some downtime.

Back to routine
Try to prepare your child for the changed routine ahead of time.
If you know they struggle in the mornings, get them up earlier in the final couple of weeks of the holidays and get back to regular bedtimes.

Talk through the routine with your child so they know what will happen.

Have a chart with the times and what usually happens as a reminder.

Get back in to a regular homework routine as soon as possible – children will often have more homework than the previous year and will need to keep on top of it from the start.

Plan ahead
Be organised as you can to help things to run smoothly.

Do as much as you can the night before to help with those first mornings and allow extra time to avoid a mad rush.

Remind your child ahead of time what usually happens when they are at school – what time they need to be up, when homework days are or who will be picking them up from school.

Make time to talk through any anxieties your child may have.

Take five
Parents often use the first weeks of back to school time to catch up with things they were unable to do during the summer, whether that’s work, washing or deep cleaning the house.

Remember that everyone needs downtime – take five minutes to savour a cup of tea in peace and quiet.

Community Family Care, based at Staunton, Gloucestershire helps families, children and young people in need of additional support communityfamilycare.co.uk

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