



Supporting children, families and schools

Autumn rituals to nurture family connection

Returning to the school year rhythm and adjusting to a new pace and schedule after the summer can be difficult – both for children and for adults. Your days can quickly feel very busy, and they go too fast. It is so easy then to lose moments of true connection and presence with your family.

How can parents help?

Creating family traditions can help to nurture connection and fun at home – and a cosy feeling! Here are some ideas to inspire you – the key is to keep it simple and fun:

- Go outside and pick up lots of different coloured leaves – you can make all sorts of crafts and collages with them! How about creating cards for each other?
- If you celebrate Halloween, take some time every few days to work on making their very own costumes together.
- Split the family into two teams and see who can make the biggest pile of leaves – then combine them and jump in!
- Go for a nice walk together in a nearby park. Bring some paper and pencils and draw trees in all their colours. Maybe you can even make a large joint family drawing?
- Autumn is a great time for baking together using seasonal ingredients such as apples.
- Keep the family Gratitude Journal. At the end of each week, ask everyone to write down what about your family life you were grateful for and read it at the end of the month. See if you can keep it going throughout the year!

If you would like to meet for a confidential and non-judgmental talk about you or your child or any other worries, I am available on Wednesday 9-10 a.m. To book an appointment, you can call/text me on 07833 460683 or e-mail: greta@schoolsounsellingpartnership.co.uk

With best wishes,

Greta



JOHN LYON'S CHARITY

