



Welcome to the new Family Newsletter

We are delighted to bring you useful insights, creative ideas, and engaging activities that help nurture strong family connections and highlight the value of healthy relationships at home.

If your child could describe the perfect summer holiday at home, what do you think they would say?

Children often remember how they felt during family time more than the activities they did or the places they visited. While family holidays, days out and special events can be important, what often stays with children is whether they felt safe, loved, listened to and secure. Resources such as the Child's Viewpoint Quiz and See It Differently videos can be valuable tools for helping parents understand how family relationships and conflict may be experienced by children. They encourage reflection, build empathy and support parents to identify small changes that can have a positive impact on children's emotional wellbeing.

Child View Point Quiz



"See it differently"
videos



Small changes in communication can make a big difference this Summer:

- Adults speaking respectfully to one another
- Spending quality time together without distractions
- Pause before responding during disagreements
- Summer rarely goes exactly to plan. Being willing to compromise can help reduce tension
- Focus on solving the problem, not blaming each other.
- Make space for regular conversations, not just discussions when something has gone wrong.



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NEWSLETTER

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Young People Relationships Guide



Self-regulation Guide



Children's books recommendations



Child Viewpoint Quiz

Adults resources



Quiz for parents who are together



Quiz for parents who are separated



Free parent workshops and courses



Relationship Thought Prompt cards

