

2nd Parents' Newsletter – January 2025

Topic: *“Together in the Return – Routines, Stability, and Connection”*

Dear fathers, mothers, and guardians,

Happy New Year!

I hope that 2025 brings health, joy, and unforgettable moments with your children. After the holidays and the warm family moments, we are all returning to our daily routines. This transition can be a challenge, but it is also a wonderful opportunity to strengthen stability, confidence, and connection with our children.

However, it's not only holidays that may interrupt our routines. Sudden changes, such as an illness or an unexpected absence, can disrupt a child's rhythm. It is important to provide them with stability and support to help them adapt more smoothly to such situations.

Here are four things that can help with adjusting to daily life and coping with changes:

1. The Importance of Routines

Why are they important?

Routines are not just a way to organise your day – they are a way to show children that their everyday life is stable and predictable. These two elements provide them with a sense of security and boost their confidence.

Ideas for Routines:

- **Routine Chart:** Create a chart together with pictures or words that depict the daily flow. If you don't have time for a chart, you can simply announce the plan each morning, e.g.: *“Today we'll have breakfast, then go to school, Grandpa will pick you up, and in the afternoon we'll read your favourite book together!”*
- **Morning Habits:** Start the day positively – with a hug, a song, or an encouraging phrase like: *“Today is going to be a wonderful day!”*
- **Child Participation:** Allow your child to take part in the routine, e.g., by choosing their clothes or helping you pack their bag.

2. Managing Emotions and Stress

Why is this important?

Children may feel anxious or worried when their routines change. Through your patience, positivity, and support, they can learn how to manage changes calmly and confidently.

Ideas for Support:

- **Breathing Exercises:** Play the game *“inflating the balloon.”* Ask your child to imagine holding a balloon, take a deep breath, hold it, and exhale slowly, as if inflating the balloon. This exercise helps reduce anxiety.
 - **Relaxation Corner:** Create a small space at home where your child can unwind – with cushions, books, or music.
 - **Open Dialogue:** Encourage your child to share their feelings. Ask simple questions like: *“How are you feeling today? What was difficult for you?”* and listen attentively without interrupting.
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3. Building Resilience

Why is this important?

Resilience is the ability to overcome difficulties and move forward. With your support, children learn that even challenges can be opportunities for growth.

Ideas for Resilience:

- **The "Strength Box (or Bag):"** Together with your child, create a box containing objects or drawings that make them happy (e.g., a photo, a small toy). When they feel challenged, they can open it and remember what makes them feel strong.
 - **Reward Effort:** Focus on their effort, e.g.: *“I loved how hard you tried! Would you like us to try it again together?”*
 - **Role-Playing Games:** Through simple scenarios, show them how to face small challenges, such as asking for help or solving a problem.
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4. Setting Small Goals for 2025

Why is this important?

Small goals give children the opportunity to feel they are achieving something meaningful. Each small success boosts their confidence and inspires them to keep trying.

Ideas for Goals:

- Organising their school bag.
- Making a new friend.
- Learning to tie their shoelaces.

Use a goal chart with stickers to celebrate each small achievement. Say: *“Well done! You’re getting better and better each time!”*

Closing: Every Little Moment Counts

This week, take a few moments to notice what makes your child happy. Share that moment with them – these small, everyday moments create the strongest memories.

On the 21st of February, there will be a parents’ meeting with the subject: *“School & Family: Managing Emotions”* in collaboration with the organisation Athena–Ergani. During the meeting, we will discuss practical ways to support our children and exchange ideas. I look forward to seeing you there!

I am here to support you, listen to you, and guide you. Together, we can make 2025 a year full of growth, connection, and joy!

Best regards,

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