

# Summer holidays healthy relationships guide for parents

School's nearly out for summer, which means a lot of free time for children. This downtime is essential for children to relax and rejuvenate, but it also means a lot of time to try to keep them entertained. Whilst many parents will be looking forward to spending time with their kids every day, some have multiple commitments such as work or caring responsibilities that can leave them feeling a little burnt out and stressed. Let's not forget additional childcare costs and other financial strains associated with day time activities.

**If you feeling overwhelmed with the pressures of summer and worrying that you may experience conflict in your family please check out**

**Bromley Parenting Hub [www.bromleyparentinghub.info](http://www.bromleyparentinghub.info) or scan the QR code**



**The Bromley Parenting Hub** offers a free range of information for all parents in the borough, whether together, separated or considering separation who want to find ways to improve their relationship and get along better. We know and understand that in every relationship there are arguments and conflict. But some couples argue more frequently and intensely. If these arguments and struggles are left unresolved, they can develop and grow which can change your relationships from healthy to unhealthy. Please scan the QR code to watch the video to better understand the issue.



Disagreements between parents are common; what truly counts is how you work through them.



Do you ever worry about the atmosphere in your home?

