

NSB Trust Safeguarding Newsletter

February 2025

Half-term holiday fun that doesn't cost the earth

It can be hard to find ways to keep your children occupied that do not break the bank. Children just love spending time together as a family, doing simple things and making memories. Read on for some budget-friendly ideas to help fill those holiday hours with fun and lasting memories.

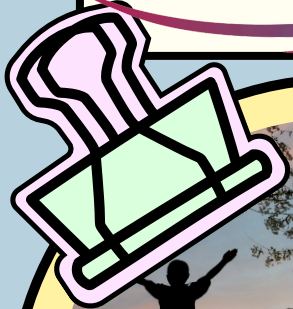


Key Points:

Find things that you already have at home that your children can use to keep busy, rather than feeling that you have to buy new things all the time

If you are spending money, bear in mind charity shops, looking for discounts and vouchers and using local children's centres

Sometimes you want to get out the house with your children, so even through all the seasons, remember the saying- there is no such thing as bad weather, only the wrong clothing



WELLBEING STRATEGIES FOR CHILDREN AND TEENS

Encouraging your child to think about their wellbeing is an essential life skill. It can help them have a better sense of self-worth and increased confidence. Positive wellbeing helps children and teens to cope with challenges in life and learn resilience.

[Family Lives wellbeing strategies](#)