

**Help for Households**

We know the winter months will be hard for many of our families in the local community. There is support available to those in need. See the following government link which may be of some use to see what help is available.

The government is offering some support for those most in need. Follow this link for more information on:

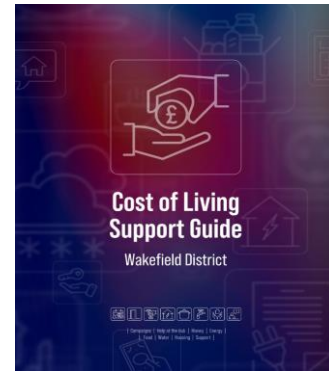


- Help with energy bills
- Help with household costs
- Help with childcare costs
- Income support
- Help with travel costs
- Help to find work

**Help in Wakefield**

Wakefield Council have worked in collaboration with the Residents Recovery Group, (which was originally set up during the pandemic) and other local agencies to produce a document which details all of the support the local area can provide for families in need.

From food to help with heating costs, there is lots of support in our local area.



**Homemade gifts**

Homemade gifts are a thoughtful way to show friends and family just how much they mean to you at Christmastime, and with the economic climate we are currently living in, now is the time to be creative and make some of your very own presents. Have a look at some craft ideas below to inspire you!

**Christmas Cookie Cans**



Wrap empty Pringle cans in pretty paper and tie it up with ribbon, then fill them with cookies for a quick, easy homemade Christmas gift.

**Festive Teabag Trees**



Glue an assortment of tea bags to a styrofoam cone to make this cute Christmas tree for the tea-loving person in your family!

**Cosy Hot Chocolate Cups**



This homemade hot chocolate mix is super creamy and delicious! Make a big batch and layer it together with your favourite toppings!

**Salt-dough Fingerprint Ornaments**



Capture your family in 2022 in a lovely tree ornament. Press and colour your families fingerprints into a simple saltdough.

WDDAS - 0800 9151561  
 Home-start Wakefield - 01924 251205  
 Wakefield Health (0-19) - 01924 310130  
 Wakefield Contact Centre - 0345 8506506



Castle Family Hub  
 255 Barnsley Road,  
 Wakefield, WF1 5NU  
 Tel - 01924 303376



## Parenting Smart – Support for Parents

Parenting Smart is a hub of short, useful articles written by Place2Be's parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics.

These topics include:

- Difficulties at mealtimes
- Sibling rivalry
- Peer pressure
- Safe social media use
- Co-parenting following a separation or divorce
- Arguments and conflicts



Place2Be website has a wealth of short videos and guides to support families across some of the most common problems parents experience as children grow. Some of the topics include:

<p>My child pushes my buttons</p> <p>2 min video 6 min read</p> <p>Read now</p>	<p>My child is stealing</p> <p>9 min read</p> <p>Read now</p>	<p>My child says 'I hate you!'</p> <p>5 min read</p> <p>Read now</p>
<p>Family mealtimes are turning into a battleground</p> <p>8 min read</p> <p>Read now</p>	<p>My child and I keep getting into arguments</p> <p>2 min video 6 min read</p> <p>Read now</p>	<p>My child is really annoying me!</p> <p>2 min video 5 min read</p> <p>Read now</p>
<p>My child is lying, what does it mean, what should I do?</p> <p>2 min video 4 min read</p> <p>Read now</p>	<p>The importance of boundaries and consequences for children</p> <p>2 min video 5 min read</p> <p>Read now</p>	<p>My child just says no to everything</p> <p>2 min video 6 min read</p> <p>Read now</p>

Knowing where to turn to for some quick advice is sometimes a real help for families. However, if you do feel like you need further support, please speak to one of the DSL team, (Miss Kelly, Mrs Kendall, Mrs Hemingway and Mr Lee) or the Mental Health Leads, (Mrs Kendall and Mrs Hemingway)

