

The message below is from Kath Routledge of Relax Kids. I am sending this out in the hopes that you might all find something of use for the summer break and beyond.

'I wanted to share with you an Online Summit that Relax Kids have arranged for next week. It has been pulled together at very short notice as the idea only came about last week. There will be lots of amazingly useful tools and tips for parents, carers, teaching staff etc to support the mental health and wellbeing of children. And there will be some helpful tips for adults as well. It's all online and will be run through the Relax Kids Facebook page (links are below).

I am so excited to bring you.....

"Relax Kids - Relax your Child - Family Mental Health and Wellbeing Online Summit 2020"

It's taking place all next week from Monday 20th July - Friday 24th July and is FREE! It's taking place on the main Relax Kids Facebook page and you can join here:

<https://www.facebook.com/events/577732589778028/>

There will be lots of tips, tricks, activities and fun ideas to help families to cope and thrive in the current environment and beyond. There will be lots of expert advice on helping children be calm.

There are over 30 talks including:

- How to help your child sleep
- How to stay safe and strong
- How to bring up confident kids
- How to calm and focus your ADHD brain
- How to reduce toxic stress
- How to hold space for your child
- How to support emotional moments
- How to help your child manage anxiety
- How to recover from trauma and domestic abuse
- How to be a calm parent
- How to help children build healthy pathways for a happier future
- How to be more loving and accepting
- How to be more mindful
- How to boost immunity
- How to increase family love and connection
- How to thrive in the new normal
- How to be a brilliant learner
- How to be more creative
- How to create a therapy box
- How to change your mindset
- How to have more fun and laughter
- How to help toddlers self-regulate
- How to talk about feelings
- How to support your child with their sexuality and gender identity
- How to get pre-schoolers to relax
- How to be kinder
- How to make exercise fun
- How to prepare for getting back to school
- How to use music and movement to calm your child in the moment

Expert speakers include:

- **Dr David Hamilton** - Best selling author and international speaker
- **Natasha Devon MBE**, writer and mental health and body positive activist
- **Laura Henry - Allian** -leading award-winning specialist in Early Years and creator of characters Jo Jo and GranGran BBC
- **Sarah Ockwell-Smith** - Well know parenting expert, author of the bestselling 'The Gentle Sleep Book'
- **Jane Evans** - Childhood trauma expert and author
- **Sue Atkins** - internationally recognised parenting expert and author of "Raising Happy Children for Dummies"
- **Dr Pooky Knightsmith**
- **Dr Lynne Kenney**- leading paediatric psychologist in the USA, author and create or a unique children's cognition programme
- **Dr Mine Conkbayir** - lecturer and award-winning author and trainer
- **Claire Balkind** - Family lockdown tips and ideas Facebook group
- **Shamash Alidina** - Author of "Mindfulness for Dummies"
- **Mike George** - Best selling author and coach
- **Dr Clara Barker** - TedX speaker, trans scientist and prominent LGBT+ campaigner

All talks will be live streamed on the Relax Kids Facebook page

www.facebook.com/relaxkidsofficial