

# Trafford Families Holiday Guide



The festive period can be a busy and exciting time for families. There are lots of fun activities available for families in Trafford to keep both children and parents happy over the festive school holiday period.

## **What's on?**

[Holiday Activities and Food Programme \(HAF\)](#)

[Christmas Activities](#)

[Special Educational Needs and Disabilities Activities](#)

[Trafford Directory](#)

## **Advice**

For general advice for your family, and to find out more about these activities, you can contact [Family Information Service \(FIS\)](#) by telephone or by dropping into one of the community hubs.

**FIS:** 0161 912 1053

**Opening hours:** 8.30am – 5.30pm Monday to Friday

## Padlets

Trafford Council Padlets are online live platforms which share information including videos, links and leaflets about resources, services and activities that can support Trafford residents. Simply scan the QR code or click on the link to access.



[Trafford Family Help](#)



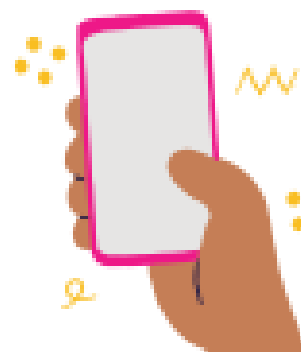
[Trafford Start for Life offer - 0-5 years and families](#)



[Trafford Thrive - Mental Health and Emotional Wellbeing](#)



[Special Educational Needs and Disability \(SEND\) Padlet](#)



## Support for Families

The holiday season is a time for celebration, however, there can often be expectations which can put added pressures on families and potentially cause stresses and frustrations, including financial pressure, school holidays / childcare, extended families, co-parenting among others. The resources below can support you through these challenges and help support positive relationships with all the family and help reduce parental conflict.

### Solihull Approach



These courses have been developed by registered professionals within the NHS, working with practitioners and parents to develop resources to support emotional health and wellbeing in children, families, and adults. Once logged on, the courses are available in a number of different languages. Some courses include:

- Understanding your baby
- Understanding your child: from toddler to teenager
- Understanding your child's mental health wellbeing
- Understanding your relationships

Website: [Trafford Directory | Solihull Parenting Programme](#)

Access code: WATERPARK

### Parenting Smart

Parenting Smart is an online course which aims to give you extra tools to deal with everyday parenting challenges and help to strengthen your relationship with your children. The course is made up of 6 modules, is free and available to Trafford residents.



Website: [Place2Be's Parenting Smart](#)

### Triple P: Fear Less

This online course is designed to support parents to manage children's anxiety more effectively. It is for parent / carers of children and young people aged 6 – 14 years. It is free to access for Trafford residents.



Website: [Fear Less](#)

Contact: [online.parenting@trafford.gov.uk](mailto:online.parenting@trafford.gov.uk)

### One Plus One



The [One Plus One courses](#) are available to parents experiencing parental conflict. There are 4 available courses.

- Me, you and baby too (new parents)
- Arguing better (intact couples)
- Getting it right for children (separated parents)
- Debt and relationships

### Trafford Community Collective

Whether you're parenting together or apart, there is support you can access.



[Reducing Parental Conflict – help and support](#)



## Other Information

### Cost of Living Support

Find resources and services in Trafford to help you and your family make the most of your money.

[Trafford Council cost of living help and resources](#)

### Housing Benefit and Council Tax Support

Find support on knowing what benefits / supports you may be eligible for, how to make a claim or register a change in circumstances.

[Housing benefit and council tax support](#)