

Newsletter, 04.10.2023

This week at Tooled Up, we're thinking about connection, reflecting on and maintaining the healthy and supportive relationships that make families work. Whatever the age of your child, our resources can support you in maintaining such a connection to your children.

Having an open conversation about *how you are doing* as a family unit can help democratise family life, encourage openness, reflection, action and deepen connections.

Family Audit Activities

Our audit activities for families with [younger children](#) and with [older children](#) provide a helpful and supportive framework for reflecting what is working well in our family lives, and what can be improved.

Let's Connect Activity

This activity for children and parents encourages a conversation about the different connections we make every day, and how to make our interactions richer and more meaningful.

Connecting With Our Children Whilst Living High Stress Lifestyles

In this webinar, we talk to psychiatrist and parent coach, Dr Gauri Seth, about how we can sustain emotionally deep and meaningful connections with our children whilst living very busy, stressful lives!

Separation Anxiety In Pre-Adolescent Children

Is your child struggling to say goodbye to you? Is this point of 'disconnect' causing distress? Psychological wellbeing practitioner Chloe Chessell suggests techniques parents can use to reduce and manage separation anxiety.

Staying Connected With A Child At Boarding School

In this webinar, we are encouraged to consider ways that parents can sustain connection if children are non-residential during the week or over term-time.

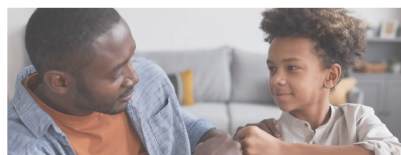
Have you or your child experienced estrangement? One in four adults will experience this in their lifetime. This previous edition of [Wednesday Wisdom](#) contains some interesting research on family estrangement by Dr Lucy Blake and other tips for connecting to nature and the outdoors.

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





Audit Activity for Families
with Younger Children



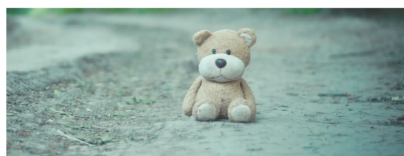
Audit Activity for Families
with Older Children



Let's Connect Activity



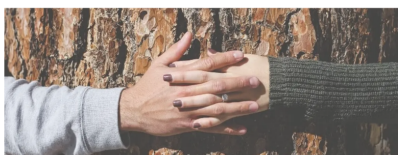
Connecting With Our
Children While Living High-
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School



Wednesday Wisdom: Let's
Connect

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