

# SEPTEMBER 2026 NEWSLETTER

## Welcome to the new Family Newsletter

We are delighted to bring you useful insights, creative ideas, and engaging activities that help nurture strong family connections and highlight the value of healthy relationships at home.

## Helping children navigate friendships and conflict online.

Group chats, social media, gaming platforms and messaging apps allow young people to stay connected, but they can also create challenges. Misunderstandings, friendship fallouts, exclusion from chats, online arguments and pressure to respond quickly can all affect a young person's emotional wellbeing. Rather than only discussing social media when something goes wrong, make conversations about the online world a normal part of family life.

Try asking:

- What do you enjoy most about being online?
- Have you seen anything recently that upset or worried you?
- What's the best thing that's happened in your group chats this week?
- Have you ever seen a disagreement online? How was it resolved?

Please visit the Reconnect website [www.reconnect-bromley.co.uk](http://www.reconnect-bromley.co.uk) that provides a range of free, youth-friendly resources designed to help young people develop confidence, resilience and positive relationship skills. To access the website, please [click here](#) or scan the QR code



## Free Courses

Register for free Reducing Parental Conflict workshops to gain a wide range of insights, tools, and practical strategies to improve family relationships and reduce the negative impact of conflict on children. Visit Bromley Parenting Hub [www.bromleyparentinghub.info](http://www.bromleyparentinghub.info) to access the free workshops.



# NEWSLETTER

Scan the code below for the direct access to free resources



Young People Prompt Cards



Young People Relationships Guide



Self-regulation Guide



Children's books recommendations



Child Viewpoint Quiz

## Adults resources



Quiz for parents who are together



Quiz for parents who are separated



Free parent workshops and courses



Relationship Thought Prompt cards

