

PARENTING CLINIC



SUMMER HOLIDAY SURVIVAL

6 JULY

12.00 TO 12.30PM

HOSTED ON ZOOM

Come live or catch the replay

Join Anisa Lewis, Parenting Coach, for this month's Free Parenting Clinic.

This clinic is for any parent heading into the summer holidays wondering how on earth they are going to get through it.

In this 30-minute session, Anisa will share:

- How to set up the holidays in a way that works for your family
- Why children struggle without structure and what actually helps
- How to handle bickering, boredom and big emotions without losing yourself
- Simple ways to stay connected even when everyone is on top of each other

This is not about Pinterest-perfect summers or entertaining your children every minute. It is about finding a rhythm that protects your sanity and supports your family.

Book your free place here:

<https://anisalewis.as.me/theclinic>

or

Email: hello@anisalewis.com for the booking link.

Summer Holiday Survival: Making It Through With Your Sanity Intact

No structure. No school run. No routine.

With the right support, parents can shape the summer in a way that feels calmer, more connected, and far less like survival mode.

Parents often tell me:

- I love my children, but six weeks feels like a very long time
 - The fighting and the boredom wear me down completely
 - I feel guilty for not enjoying it more than I do
-

You are not a bad parent. You are a normal one. And you do not have to simply endure the summer. There are ways to make it feel lighter for everyone.



Anisa Lewis

Parenting Coach