

READY TO LEARN EVERY DAY!

In today's society, almost everyone faces stress at some point. Children can pick up on this stress and also feel pressure to 'follow the crowd'. Listed below are ways to help keep your child happy, healthy and safe which we hope will provide a starting point for you to talk to them about wellbeing.



Emotional wellbeing

Relationships

- Tell your child that you love them every day
- It's good to establish and maintain boundaries with your child – it helps with to feel safe
- Be a positive role model for your child, don't shout and swear in front of them, it is rarely effective.



Managing behaviour

- Praise your child's effort as well as their achievements – for example, telling them they've done well for trying hard
- It's okay to make mistakes, and let your child now this – it provides them with important learning opportunities
- If your child does something wrong, tell them, but focus on their action and how to do better next time



Raising self-awareness

- When things are difficult, help your child to see it is part of life and learning and that it happens to all of us
- Teach your child not to give up and to keep trying
- Listen to your child and show them that you value their views and opinions



Physical wellbeing

Healthy eating

- Help your child to understand about a balanced diet and the importance of eating fruit and vegetables to keep them fit and healthy
- Encourage your child to try a variety of foods and dishes from around the world
- Let your child help when you bake and prepare family meals; it will help them understand about food and encourage them to be creative



Exercise and activity

- Support your child to exercise vigorously for at least 30 minutes each day
- Encourage your child to have at least one hobby involving exercise, such as dance, swimming or football
- Get out and about as a family, play tag in the park, go for a bike ride or plan a timed treasure hunt – it's more fun to do things as a family



Body matters

- Book regular appointments with the optician and dentist, as well as frequent health checks and immunisations
- Exposure to cigarette smoke is damaging to your child's health; think before lighting up in front of them
- Talk to your child about the importance of personal hygiene, such as showering regularly and using deodorant when they need to