

Promoting Wellbeing at home...

General tips to support your child with their wellbeing:



- **Limit distractions** - create a special quiet space to give your child a break from TV and phones
- **Encourage regular exercise** - this releases feel-good hormones, which helps young people feel better in themselves, gives them more energy and improves their thinking ability.
- **Ensure a nutritious diet** - a healthy balanced diet including breakfast is important for your child's growth and development.
- **Sleep** - a good nights sleep is really important, create a calming and positive night-time routine and stick to it to provide consistency.
- **Be there to listen** - regularly ask how they are so they get used to talking about their feelings and know there is always someone who will listen to them.
- **Be supportive** - provide positive feedback and let your child know they are loved and supported.
- **Encourage interests** - support and encourage interests, whatever they are.
- **Explore difficulties** - pay attention to their emotions and behaviour and try and help them problem solve any difficulties.
- **Seek support** - if you believe that your child is struggling, help them seek support in a timely manner.

