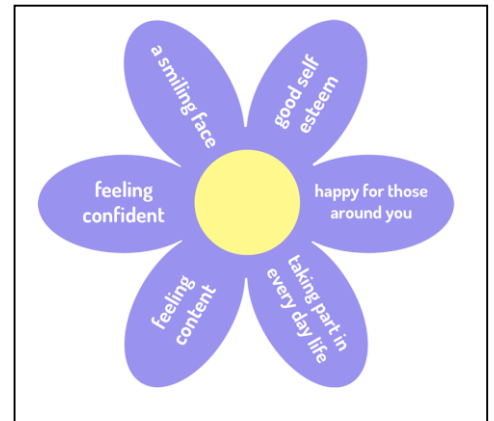


## Parent Information Sheet

### Support Your Child's Well-Being

*In today's society, almost everyone faces stress at some point. Children can pick up on these stresses easily and feel pressure to 'follow the crowd'. Children need to feel confident and have good self-esteem. They need to feel content and be happy for those around them in order to fully take part in everyday life confidently.*



#### Emotional Wellbeing - Relationships

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

#### Emotional Wellbeing - Managing behaviour

- **Praise** - Praise your child's effort as well as their achievements - for example, telling them they've done well for trying hard
- **Mistakes** - It's okay to make mistakes, and let your child know 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

#### Emotional Wellbeing - Raising self-esteem

- **Difficulties** - When things are difficult help your child to see it as part of life and learning and that it happens to all of us
- **Never Give Up** - Teach your child not to give up and to keep trying – Practice makes perfect
- **Listen** - Listen to your child and show them you value their views and opinions

#### Physical Wellbeing – Exercise and activity

- **30 Minutes** - Support your child to exercise vigorously for at least 30 minutes each day
- **Hobbies** - Encourage your child to have at least one hobby involving exercise, such as dance, swimming or football
- **Go Outside** - 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

### **Physical Wellbeing – Body matters**

- **Health** - Book regular appointments with the optician and dentist, as well as frequent health checks and immunisations
- **Don't Smoke** - Exposure to cigarette smoke is damaging to your child's health; think before lighting up in front of them
- **Personal Hygiene** - Talk to your child about the importance of personal hygiene, such as showering regularly, having clean PE kit and using deodorant when they need to

### **Physical Wellbeing – Healthy Eating**

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

These people can offer you further help and advice:

- Your family GP or school nurse
- Your family dentist
- Your child's school
- Your local health visitor
- Your family and friends