



READY TO LEARN EVERY DAY!



Your child's wellbeing:
A short guide for parents



READY TO LEARN

This joint NAHT and Family Action guide is based on the latest research about what helps children to succeed at school

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'. This leaflet suggests ways to keep your child happy, healthy and safe, and we hope it will also 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 them 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 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



Raising self-esteem

- When things are difficult help your child to see it as 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 you value their views and opinions

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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, having clean PE kit and using deodorant when they need to

Sources of information and support

Do you have any worries or concerns about your child's emotional or physical wellbeing? Do you need some help to better understand what your child is going through?

These people can help:

- Your family GP or school nurse
- Your child's School or Children's Centre
- Your local health visitor
- Your family and friends

These websites are useful:

- Information and support for families: www.family-action.org.uk
- Information and support about mental health: www.mind.org.uk
- Healthy food and activity tips: www.change4life.co.uk
- Cheap and nutritious recipes: www.netmums.com/family-food

Saying 'well done' will encourage your child to learn that taking on challenges and making mistakes is an essential part of learning. Here are some ways to praise them:

- "Keep working on it, you're nearly there"
- "You are learning fast"
- "That was a kind thing to do"
- "One more time and you'll get there"



Family Action provides practical, emotional and financial support to over 45,000 vulnerable children and families every year. Registered charity in England and Wales no. 264713

www.family-action.org.uk



NAHT is a professional association and trades union with members in all phases of education. We represent 28,500 school leaders in their quest to develop great schools and improve the lives of children.

www.naht.org.uk