


# Supporting your Child's Social & Emotional Wellbeing

Almost everything has changed: school, work, play. No-one really knows what the impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, being stuck at home together all day every day is not always easy. Here are some tips for handling the challenges and making the most of this time.

## Listen and Involve



Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly problem solve together around any issues, such as different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

## Do Things Together...And Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

## Get Outside, Get Active



Exercise reduces stress and boosts mental health. Get active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

## Make Memories

Create new routines to break up the week, such as pancake Wednesdays or virtual games nights or meals with grandparents. Celebrate mini-milestones, like the end of each week of home school.

## Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.



Keep in mind: Home is not a safe place for all children or for some adult/s who care for them. Where this is the case, many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to being at home together for this long period of time.