

# Parent Club

## Boosting Family Wellbeing

### Easy Read Version



This easy read information was produced for Parent Club by CH Consultancy on behalf of Values Into Action Scotland



Values Into Action  
Scotland





Living through the pandemic has been hard for families. Each family has faced different challenges.



The challenge everyone has in common is looking after their mental health.



As we move forward, we want to offer parents advice, ideas and tips.

These will help them to support the wellbeing of themselves and their families.



Parent Club's "**Boosting Family Wellbeing**" is a new campaign.

It supports parents to introduce positive activity into children's daily routine.



These steps can help families:

- Reduce stress
- Improve children's development
- Strengthen bonds between parents and children



**"Boosting Family Wellbeing"** will show parents things to do to build children's:

- Happiness
- Confidence
- Independence



The campaign will show parents how to use this in everyday moments.

These ideas will help them to give their children confidence and a sense of responsibility.



The campaign encourages families to do simple things.

Doing these means children can:



- Feel safe
- Have control over choices
- Build trust
- Learn teamwork and other skills



Families feel safer when they are together.  
When one of us is worried about something  
it can affect the whole family.

The tips and advice encourage family routines and interactions. This helps children feel safe.



We feel happier when we have control.  
Sometimes children want to do things differently from the way their parents want.



Letting children have a bit of control is good for them.  
It teaches them responsibility and the effect of their decisions.  
This helps children be happier and more confident.



Working together at home can be fun. It can:

- Stop arguments over chores
- Teach children how to work with others



This is a good skill to learn early in life.  
If you have younger children, you will probably need to do most of the work for them.



Children will feel good about themselves for helping out.



It is important to look after yourself too.  
That is why we have tips for you as well.

If you feel things are getting too much you can get help.



Do not be afraid to ask for help. Talk to someone you trust or call your doctor.



## The tips and Ideas.

There are lots of little things you can do.

You could let little ones:



- Choose their own pyjamas at bedtime
- Pack their own school bag



These small things boost a child's confidence. It will let them know they are trusted.

It helps their development and makes them happy. It is good for you too.

## Responsibility.



At mealtimes teach your child how to set the table.

Give them the responsibility for this and where people sit.

## Teamwork.



Work with your child to plan the menu for the evening meal.

Ask them to choose what vegetables or dessert they want.

## **Order.**



Even the order children put on their shoes helps them feel safe. For example, always putting on the left shoe first, can calm them

## **Take Interest.**



Take time each day to sit with your child.

Show them you are interested in what they are doing.

This will show them that their needs and interests are important.

## **Little chats.**



Before dinner let your child pick something to talk about.

Keep the focus on that.

This helps the child feel in control and calm.



You can read tips for all age groups at:

**Parentclub.scot**

You can stay connected on social media.

For the latest news and tools follow:

**#FamilyWellbeing**