

Boosting Family wellbeing

Parent Club
Boosting Family Wellbeing
SMS/WhatsApp Copy
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Please use the below copy to contact your audience and let them know about the support available for families. In particular, those who may not be using social media or receiving email communications.

Suggested SMS/WhatsApp copy:

The new “Boosting Family Wellbeing” campaign from Parent Club aims to encourage and support you to introduce simple routines and positive interactions with your children into your everyday life, that might have been lost in the last 18 months.

“Boosting Family Wellbeing” will familiarise parents with principles that build children’s happiness, confidence and independence - things like empowerment, safety, choice, working together and trustworthiness. The campaign will also give parents guidance and tips for weaving these principles into everyday moments, helping them to foster confidence and sense of responsibility in their children.

Tips like uninterrupted time. Try sitting down with your child each day for a little uninterrupted time together. Watch them, notice what they are doing and let them know you are interested. This will help them see that their interests and needs are important, making them feel safe.

To find out more about the “Boosting Family Wellbeing” campaign and get more expert tips and advice, visit ParentClub.scot.

Please delete the paragraph in blue if you are sending this via SMS rather than WhatsApp.