

Boosting Family wellbeing

Parent Club
Boosting Family Wellbeing
Schools SMS/WhatsApp Copy
09.08.21

Please use the below copy to contact your pupils' parents 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 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 setting the table. Before your meal, be it breakfast, lunch or dinner, give your child a clear instruction on how to set up the plates and cutlery at the table. They can be in charge of the table layout and where the family sit.

To find out more about the “Boosting Family Wellbeing” campaign and get more expert tips and advice, visit [ParentClub.scot](https://parentclub.scot).

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