

Boosting Family wellbeing

Parent Club
Boosting Family Wellbeing
Social Media Copy
09.08.21

Six social media posts have been created for partners to use as part of the Boosting Family Wellbeing campaign, three covering the principles of trauma and three providing tips to help build routines and positive interactions. These can be adapted or amended to better fit the usual tone of your social media, or your brand.

Please pair your social post with a relevant Boosting Family Wellbeing image, ensure to use #FamilyWellbeing and tag Parent Club on @ParentClubScotland (for Facebook and Instagram), or @ParentClubScot (on Twitter) in all posts.

1. Principles of Trauma Posts:

Post 1

Facebook and Instagram

There are lots of little things you can do together to help boost your child's confidence and improve #FamilyWellbeing, like letting your little one choose their own PJs at bedtime.

For more tips and ideas on simple everyday ways to help boost your family's wellbeing and happiness, visit ParentClub.scot.

Twitter

There are lots of little things you can do as a family to help boost your #FamilyWellbeing, like letting your little one choose their own PJs at bedtime. For more tips on simple ways to help boost your family's wellbeing and happiness, visit ParentClub.scot.

Post 2

Facebook and Instagram

By giving your kids a little responsibility, it can help build their trust and confidence, and boost your #FamilyWellbeing too. Why not try letting your child pack their own school bag?

Find out more about boosting your family wellbeing and happiness at ParentClub.scot.

Twitter

Giving your kids some responsibility can help build their trust and confidence, and boost your #FamilyWellbeing. Why not try letting your child pack their own school bag? For more tips on simple ways to help boost your family's wellbeing visit ParentClub.scot.

Post 3

Facebook and Instagram

Working as a team with your child can make time together more fun, help boost their confidence and your #FamilyWellbeing too. You could even try cooking and making a family meal together.

Check out ParentClub.scot for more tips on simple ways to help boost your family's wellbeing and happiness.

Twitter

Working as a team with your child can help boost their confidence and your #FamilyWellbeing too. You could even try cooking and making a family meal together. Check out ParentClub.scot for more tips on simple ways to help boost your family's wellbeing and happiness.

2. Tips and Advice Posts:

Post 1

Facebook and Instagram

Giving your child a choice can really help build their confidence and make them feel secure, overall boosting your #FamilyWellbeing. Just before sitting down to dinner, why not ask your child what they would like to talk about, then keep the discussion focussed on that. This helps them to feel more in control of the mealtime, promoting feelings of calm.

Check out ParentClub.scot for more tips on simple ways to help boost your family's wellbeing and happiness.

Twitter

Letting your child choose the topic of conversation at dinner can really help them feel more in control, promoting feelings of calm and boost your #FamilyWellbeing. Check out ParentClub.scot for more tips on simple ways to help boost your family's wellbeing and happiness.

Post 2

Facebook and Instagram

Creating even the smallest of routines can help build your child's confidence and help boost your #FamilyWellbeing, for everyone in your home.

In the morning while getting ready, why not try and build in the same routine of the order of putting on clothes. Pick the order each piece of clothing goes on, then stick with that. This familiar routine can help your child feel safe, calmer and secure.

For more tips on simple ways to help boost your family's wellbeing and happiness, visit [ParentClub.scot](https://parentclub.scot).

Twitter

Creating routines can help build your child's confidence and boost your #FamilyWellbeing. Like the order of putting on clothes in the morning to help your child feel safe and secure. For more tips on simple ways to help boost your family's wellbeing visit [ParentClub.scot](https://parentclub.scot).

Post 3

Facebook and Instagram

Teamwork makes the dream work and can really help build #FamilyWellbeing and there are simple ways to encourage this in your home. Working together with your child to plan the menu for the evening meal can make them feel safe, build their confidence and give them more responsibility. You can get their input on what veggies they'd like to add or maybe even pick dessert!

Find out more about boosting your family wellbeing and happiness at [ParentClub.scot](https://parentclub.scot).

Twitter

Teamwork can really help build #FamilyWellbeing and there are simple ways to encourage this in your home, like planning the menu for the evening meal together. Find out more about boosting your family wellbeing and happiness at [ParentClub.scot](https://parentclub.scot).