I. Supporting Health & Wellbeing in a family context with young children

- Catch child doing something good
- Praise effort
- Celebrate good behaviour
- Build a support network
- Use Distraction strategies when needed

II. Parents dealing with difficult situations

- Use soft voice for discipline & loud voice for having fun
- Use kind words with each other in the family
- Teach child “Don’t go for a Yes when you already have a no.”

III. Listening to children & understanding behaviour

- Talk to my child
- Read to my child
- Play with my child
- Plan against boredom

IV. Collaborative Problem Solving with young children

- Set simple family rules
- Have clear limits
- Enforce family rules consistently

V. Mindfulness in family

- Keep calm
- Establish opportunities for quiet activity

TIPS FOR PARENTS:

IDEAS FOR IMPROVING WELLBEING OF YOURSELF AND YOUR CHILD