

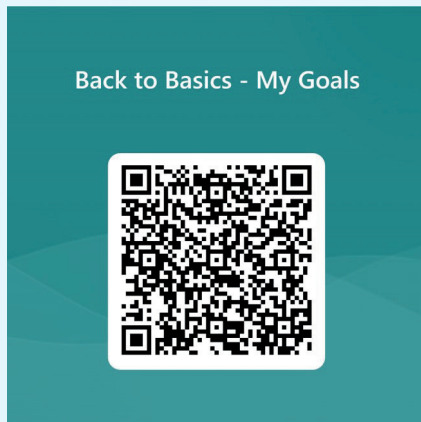
## NEXT STEPS

Set yourself one goal.

When you begin to see changes think about new goals.

Remember to celebrate successes and don't give up, change can be challenging and takes time but it will be worth it in the end.

Set yourself some small goals to support change, use this QR code to access the goal setting card.



## Useful websites if you feel you need extra support.

[Family Information and Services Hub \(hants.gov.uk\)](https://www.familyinformationandservices.org.uk/)



[Hampshire Healthy Families Portal](https://www.hants.gov.uk/healthy-families-portal/)

[Healthier Together \(what0-18.nhs.uk\)](https://www.what0-18.nhs.uk/)



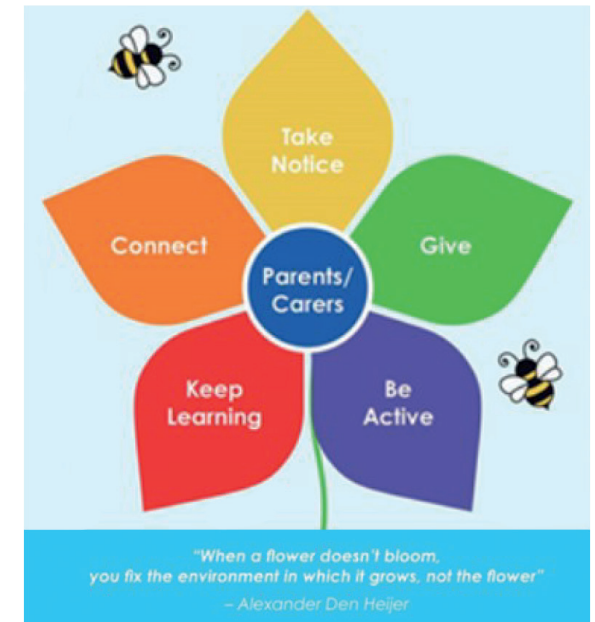
Mental Wellbeing Hampshire | Health and social care | Hampshire County Council (hants.gov.uk)

<https://www.youngminds.org.uk/>



# Back to Basics

“Empowering Parents/Carers to support their children’s wellbeing”



## Thrive Framework.

The thrive Framework diagram below helps us to think about the wellbeing needs of ourselves and our families through five different groupings:



## Using the 5 ways of wellbeing

[Five ways to Wellbeing | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/health-social-care/)



Looking after your families wellbeing is really important, families all need some help from time to time due to life changes or events.

As a parent/carer you can take small steps to help your child's wellbeing as well as your own. You can do this by starting with the basics.

Consider one area at a time, think about your home environment and what small changes you can make together as a family.

Using the BACK to BASICS approach can empower you to take control of the 5 ways of well being.

Think of it as building the foundations of a house; making sure your family has all the basics in place, for example, eating healthy, sleeping, exercising, good routines and looking after ourselves and your children's wellbeing. If foundations are not in place there is a risk of cracks appearing.



Connecting with others can give you the opportunity to share positive experiences and provide emotional support for you all. Building good relationships is positive for our wellbeing too.

- ◆ Cut down device time, switch off the TV, put down devices, play a game as a family.
- ◆ Make time to sit down as a family, try eating a meal together with no distractions. Invite friends or family over to connect with you.
- ◆ Meet with someone face to face and talk e.g. have a coffee, lunch, go to a group, meet up at the park.



Are you struggling to get motivated? Exercise and physical activity releases happy chemicals from your brain to your body. This will also help us sleep better.

You don't have to spend money, find something you and your family can enjoy together or as individuals.

- ◆ A walk is enough to make a difference, maybe take a scooter, play hide and seek, go to the park or go for a bike ride.
- ◆ Try a new class/activity online or face to face depending on your preference and availability.
- ◆ Contact your local leisure centre or child's school and see what they have on offer.



Did you know that learning something new can help you feel happier and more focused, it can raise confidence and self-esteem. This can also help you connect with others too.

- ◆ Sign up for a class or hobby at your local library/leisure centre/school or college or take a look online. Learn about your families hobbies and interests.
- ◆ Support your children with their learning, learn with them.
- ◆ Learn to cook something new from scratch and involve the family.

Watch the Back to Basics videos to help understand and support you and your family's wellbeing.

[https://www.youtube.com/results?search\\_query=off+the+record+back+to+basics](https://www.youtube.com/results?search_query=off+the+record+back+to+basics)



Help each other, give time to friends, family members or the community, but most importantly, give yourself time to ensure these basics are in place.

- ◆ Offering to help someone on a project, volunteer within the community, helping out at school.
- ◆ Spend time with friends or family who need some support or help.
- Most importantly ensure we give ourselves TIME to support the 5 ways of wellbeing.



Try to pay more attention to the people around you, be aware of your thoughts and feelings as these can sometimes be difficult to manage. Take notice of changes in behaviour and appearances, the positives and the negatives and talk these through.

- ◆ Take 5 minutes out if you are starting to feel overwhelmed in a situation.
- ◆ Name your thoughts and feelings and help your children to do the same, these are natural and you can role model how these are managed positively.
- ◆ Take notice of the routines and diet that may affect your child's wellbeing; sleep, activity level and mood. High sugar contents prior to bedtime can cause issues.

Having a bath or shower 1 hour before bed can release sleepy hormones and reducing device time at least one hour before bed can aid sleep too.