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Managing wellbeing at home

**Parents/
Carers**

Take Notice

Consistent routines
Mindfulness and varied diet

When was the last time you took notice and showed an interest?



Connect

Ask questions
Show interest and seek advice

When was the last time you talked and connected with someone?



Give

Engage with your community resources
Get support and be supported

Have you thought about giving your time to others or the community?



Keep Learning

Spend time together,
Encourage hobbies/activities
Try new skills

When did you last spend time together and learn new things?



Be Active

Use the outside
Move more and less screen time

How often do you get out and enjoy the outdoors?



For extra support with any barriers, please speak to a professional.