

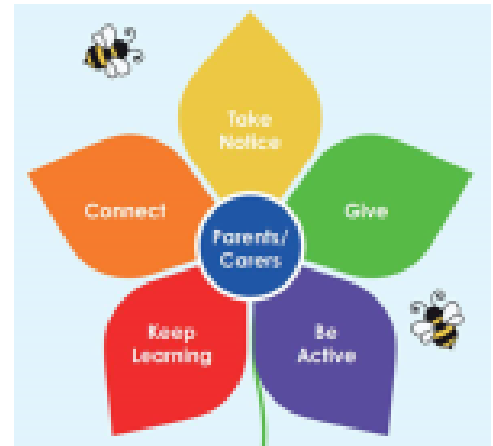
Back to Basics

"Empowering Parents/Carers to Support their Child's Wellbeing"

We want to introduce **Back to Basics** to you. This is a community campaign run by Hampshire County Council and partners to empower families to manage their wellbeing within the home, with the support of the '**Five Ways of Wellbeing**'.

Looking after your family's wellbeing is really important. Families all need some help from time to time due to life changes or events.

As a parent or 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.



Think of it as building the foundations of a house, making sure your family has all the basics in place such as:

- ❖ Healthy eating
- ❖ Sleep
- ❖ Exercise
- ❖ Good routines
- ❖ Looking after yourself and your child's wellbeing

If the foundations are not in place, there is a risk of cracks appearing.

Today we are attaching a video to introduce the programme to you, together with a factsheet. Each week, we will then focus on one **Way of Wellbeing** (represented by a flower petal) and provide useful resources and tools to help you to think about your home environment and what small changes you can make together as a family to support your wellbeing.

<https://www.youtube.com/watch?v=TFapsWFGKUY>

[ParentsandCarersBasic-factsheet.pdf \(sharepoint.com\)](#)

Our children will also focus on the same aspect of the **Five Ways of Wellbeing** in an assembly at school. This will give them opportunities to practise their own ideas here at school as well.

We are creating a 'Wellbeing Corner' in our small meeting room (next to our School Office). We would love you to pop in to look at the resources available and to add your own petals to our giant Wellbeing Flower display, telling us what you are doing as a family to support your wellbeing and maybe give another family some good ideas.