

Back to Basics

“Empowering Parents/Carers to Support their Child’s Wellbeing”

Take Notice

Our first **Way of Wellbeing** petal is ‘**Take Notice**’. Remind yourself to take notice of your thoughts and feelings; they can sometimes be difficult to manage. Take notice of changes in behaviour and appearances, both positive and negative, and talk them through.

Try to also pay more attention to the people and the environment around you. Studies have shown that ‘savouring the moment’ can help you to feel more positive about life.

- ❖ 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, such as sleep, activity level and mood. Food with a high sugar content prior to bedtime can cause issues.

The following link will take you to the **Back to Basics** video about ‘**Take Notice**’:

[Back to Basics Take Notice Video - YouTube](#)

Also attached is the **Back to Basics** factsheet which has lots of ideas and information for you and your family to help you to ‘**Take Notice**’.

[TakeNoticeBasic-factsheet.pdf \(hants.gov.uk\)](#)

‘**Back to Basics**’ also provides Family Goal Setting Cards which help you and your family to set small, realistic goals to help you improve your wellbeing.

[familygoalsettingcards-petal.pdf \(hants.gov.uk\)](#)

[my-goalscards-children.pdf \(hants.gov.uk\)](#)

Don’t forget to pop in to our small meeting room (by the School Office) to add your own petals to our Wellbeing Flower to tell us what you have been doing to ‘**Take Notice**’ this week.

