

Back to Basics

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

Connect

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. Some ideas to '**Connect**' include:

- ❖ Cut down device time.
- ❖ Switch off the TV, put down devices and 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.

The following link will take you to the **Back to Basics** video about '**Connect**':

[Back to Basics Connect Video \(youtube.com\)](https://www.youtube.com/watch?v=...)

Also attached is the **Back to Basics** factsheet which has lots of ideas and information for you and your family to help you to '**Connect**'.

[ConnectBasic-factsheet.pdf \(hants.gov.uk\)](https://hants.gov.uk/...)

The Wellbeing Flower in our small meeting room next to the School Office is now packed with petals showing what you have been doing around the '**Five Ways of Wellbeing**'. Please add what you have been doing to '**Connect**' and have a look at what other families have added over the past weeks. There are so many fantastic ideas to share!

