

Promoting Wellbeing

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Session Aims

- ▶ To know what is meant by the term ‘wellbeing’.
- ▶ To consider the role of parents and the ways they can promote wellbeing of their children.
- ▶ To explore parent wellbeing and the impact it has on family wellbeing.

Ice Breaker

Three Questions activity:

Find a partner, preferably someone you don't know well

Ask them to tell you:

1. Their name
2. The ages of their child/ren
3. One thing they hope to gain from today's workshop

Wellbeing Explained...

Why is this important?



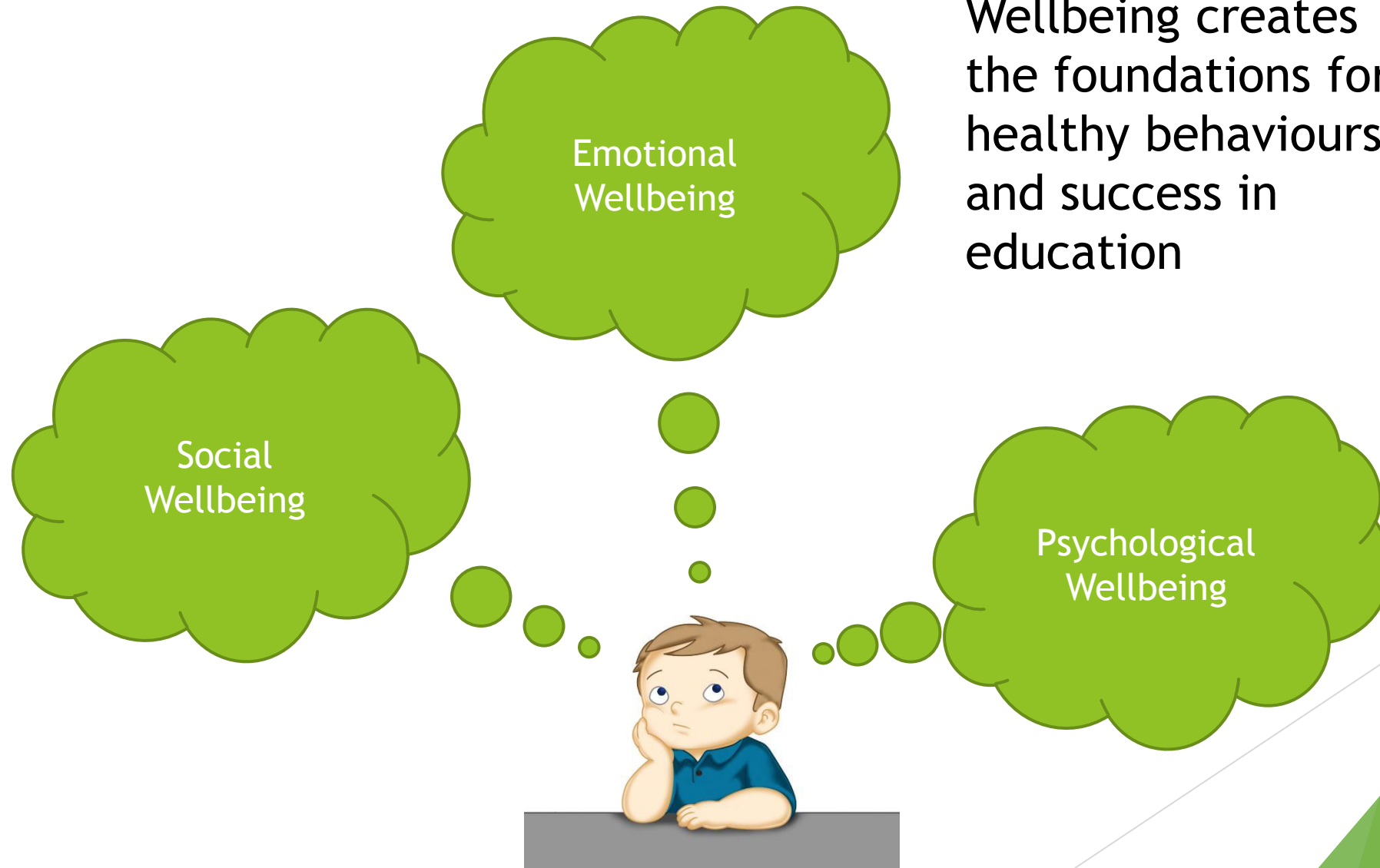
“ Without listening to children and understanding children’s own views about their quality of life - how can we ever expect to improve the lives of children and young people? ”

Matthew Reid - The Children’s Society

What is Wellbeing?

**The NICE Advice,
September 2013:**

Wellbeing creates
the foundations for
healthy behaviours
and success in
education



What does 'good' well-being look like?

Paired Activity

Draw a picture of a child with 'good' well-being:

- ▶ What would they look like?
- ▶ What might we see them doing at school?
- ▶ How might they interact with siblings / parents?
- ▶ How might they respond to a problem or challenge?

Our Role as Parents...

The role of the parent in wellbeing

Having a strong relationship with your child is essential for their healthy development.

Attachment theory states that a child feels loved when their parent is:

- Available when the child wants them
- Able to show affection
- Reliable and predictable
- Sensitive and supporting

Children's wellbeing is inextricably linked to their parents' wellbeing.

Strategies to promote our own wellbeing

Paired Activity

Write down 5 things that you know help you to stay calm, focused and happy.

Feedback to the group.

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Increasing Wellbeing in Our Children...

What does the research tell us leads to an increase in wellbeing?

TAKING NOTICE	Children who notice their surroundings
LEARNING	Children who teach themselves new things, read for fun and learn new things
CONNECTING	Children who frequently talk to family about things that matter and see extended family. There was no significant association for frequency of chatting with friends
BEING ACTIVE	Children who frequently play sports or exercise
GIVING	Children who frequently help out around the house.

A few more suggestions...



- ▶ Praise
- ▶ Giving compliments freely
- ▶ Recognise and talk about the good things around the child
- ▶ Saying thank you
- ▶ Journaling
- ▶ Expressing gratitude
- ▶ Thinking about happy memories
- ▶ Forgiveness

...anything else?

Feedback & Take Home Messages

- 1. What will you take away from today?**
- 2. What will you try in relation to promoting your child and your own wellbeing?**

We really value your feedback and would appreciate if you could complete the evaluation form.

Thank you for your time and contributions today!