

Looking after your child's wellbeing

An Easy Read guide for parents and carers



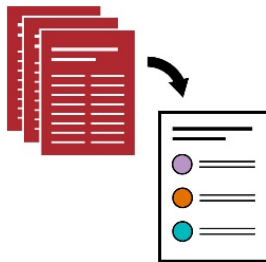
How to use this guide



The Victorian Government Department of Education and Training wrote this guide. When you see the word 'we', it means the Department of Education and Training.



We have written this guide in an easy to read way. We use pictures to explain some ideas.



This Easy Read document is a summary of another document. This means it only includes the most important ideas.



You can find the other document on our website at www.education.vic.gov.au/parents/family-health/Pages/your-childs-wellbeing.aspx



You can ask for help to read this guide. A friend, family member or support person may be able to help you.

What's in this guide?

Your child's wellbeing	4
Attention	5
Good thoughts	6
Good relationships	8
Mindfulness	9
Being grateful	10
Asking for help	12
Setting rules	14
What if your child needs support?	15

Your child's wellbeing



It's important to help your child take care of their wellbeing.

You can support your child's wellbeing by helping them:



- understand their moods, feelings and emotions



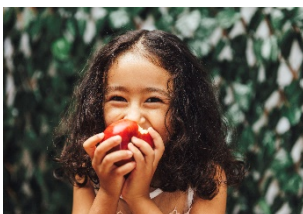
- build good relationships



- feel good about who they are and what they do



- sleep well



- eat well.



In this guide we talk about things you can do at home together.

Attention



You can spend time with your child to help them feel good about themselves.



You can:

- play games together
- do activities together.



You can tell your child when:

- they do a good job
- you are proud of them.



You can:

- ask your child about things they like
- send your child a nice text message.

Good thoughts



It's important for our wellbeing to think, say and believe good things about ourselves.



Helping your child to think, say and believe good things about themselves can:

- improve their wellbeing
- help them manage stress.

If you hear your child saying bad things about themselves, you can:



- talk about what they said



- ask them if they believe it



- help them change how they think about themselves.

You might:



- tell your child to talk to themselves the same way they talk to their best friend



- remind them what they are good at.

Good relationships

It's important for your child to have good relationships with their:



- family
- friends.

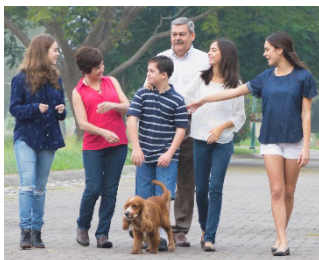
At home you can:



- share family stories and memories



- eat meals together each day



- have routines and do things at the same time each day



- help your child stay connected with their friends.

Mindfulness



Mindfulness is about giving your attention to what you:

- feel
- see
- hear.



It's about:

- slowing down
- breathing
- understanding how you feel
- relaxing.



You can find mindfulness activities for children and young people on the Smiling Mind website.



www.smilingmind.com.au

Being grateful

When we are grateful, we take time to think about people and things we:



- love
- are thankful for.

Being grateful can help us to:



- build strong relationships
- believe good things will happen to us.

You can help your child be grateful by talking to them about:



- what makes them happy
- what inspires them
- who loves them.

You can also help them notice good things around them, like:



- nice weather
- someone smiling at them.



Your child can take care of their wellbeing by being kind to other people.

You could help them write a list of ways they can be kind to their:



- family
- friends
- community.

Asking for help

It's important for your child to know they can ask for help if they feel:

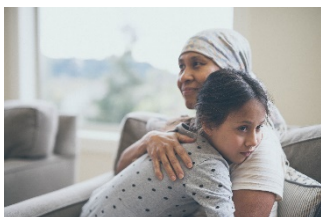


- sad
- worried
- angry.

You can encourage your child to ask for help by:



- asking them how things are going



- telling them it's ok to feel the way they feel



- listening to what they say without judging them.



You can support them to find information about where they can get help.



You can find more information at the
'Looking after your child's wellbeing' web page.

www.education.vic.gov.au/parents/family-health/Pages/your-childs-mental-health.aspx

Setting rules



Clear rules can help your child feel safe.



You can ask your child to help make the rules with you.



This shows you respect them.



Your child is more likely to follow rules if they helped make them.



You can get information about setting rules from the Raising Children Network.



www.raisingchildren.net.au

What if your child needs support?



If you are worried about your child's wellbeing, you can contact their school.



You could talk to their:

- classroom teacher
- year level coordinator.



You can contact Parentline.

Parentline is a phone service for parents and carers of children from birth to 18 years old.



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www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx



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