

Parents' Wellbeing

Here are some of the best practices as parents you can use to help improve the wellbeing of your children and yourselves:

- Share worries and seek out support from friends and family
- Live a healthy lifestyle by eating well, exercising, having fun and getting enough sleep
- Never stop talking and listening to your child through good times and bad.

Parent Tips:

- **offering opportunities to earn pocket money** and encouraging children to save some of it
- **avoiding adverts** for consumer goods
- **helping children identify what really matters** in their lives