

# **10 Ideas to Boost Family Wellbeing**

**One in a series of webinars commissioned by Resilient Rutland to support  
parents/carers and families.**

# Summary Notes

## 10 Ideas to Boost Family Wellbeing

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### IDEA 1 – TAKE SMALL STEPS TOGETHER

Most of us can identify changes we'd like to make to boost our physical wellbeing. Perhaps you feel like you should eat more healthily, take more exercise, or cut down your screen time. Explore some aims that you can share as a family and break them down into little steps that you can tackle together.

- Small steps lead to big changes over time
- What are your physical wellbeing goals? Think diet, exercise, sleep
- What is a very small step you could take?
- Can you make it fun by either collaborating or competing?
- What has stopped you making these changes before? How can you help one another?
- What has worked well in the past when it comes to making changes?

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*What small, sustainable step could you take as a family to boost your physical wellbeing?*

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### IDEA 2 – CREATE ROUTINES AND RITUALS AROUND BEDTIME

Many families recognise the importance of a bedtime routine for toddlers and babies, but this often gets lost as children get older and by the time we reach adulthood, bedtime is often an afterthought. In this module we explore how to make bedtime great again!

- Did you have any bedtime rituals when your children were very little – what were the best bits?
- What time does everyone need to be getting to bed and getting up?
- What does the hour before bedtime need to look like?
- How can we start seeing bedtime as a time to look forward to, rather than an afterthought or chore?
- What sleep habits are we role modelling? What needs to change?
- How can we motivate children to understand the joy of sleep?

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*What would be a small step in the right direction of better bedtimes?  
Could you start tonight?*

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### IDEA 3 – ESTABLISH FAMILY GOLDEN TIME

Time is short and parents and carers often feel a lot of guilt about not being able to devote enough time to family activities. In this module we explore why it's quality, not quantity that matters and we consider how to make this work in practice.

- Block small, regular amounts of time that you'll spend as a family
- Agree the rules.... We can't talk about X.... We will try to do Y...

- How do you want to spend this time?
- You could take it in turns to agree an activity /meal, etc
- You could do a big brainstorm of different things you could do and pick them from a hat
- Do you want to capture and remember these moments?

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*When in your day or week could you find a small slot for 'golden time'?*

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## IDEA 4 – LISTEN TO THE LITTLE THINGS

To children, the little things are the big things. In this module we consider why and how to be a good listener, even when our child's concerns might not seem important to us.

- The little things are the big things
- Stop and give them your whole attention, even just one minute can make a difference
- Listen more, talk less
- Create regular moments for listening, e.g. commute to school or bedtime
- 'Doing alongside' can create a good moment for a child to open up
- You don't have to fix or know the answers, just listen and validate
- If in doubt, ask 'How can I help?'

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*How can you show your child that you're really listening to what they have to say?*

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## IDEA 5 – DO THINGS JUST FOR FUN

We can be brilliant role models to our children when we engage with hobbies and activities that we enjoy, not for any purpose, but just because those things spark a little joy for us. We might, too, consider joining one another and sharing interests, hobbies and experiences as a family.

- It's great role modelling to be prepared to give things a go if they are outside our comfort zone
- What hobbies or interests have you dropped that you might pick back up?
- Share your hobbies and interests with one another – be brave and try new things with your kids
- Let your child be the expert.. invite them to invite you in
- If they ask you to join them, try to find a way to say yes or they won't keep asking!
- Invite them into your world too

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*What do you do just for fun? Does your child see you do this?*

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## IDEA 6 – SPEND TIME TOGETHER ONE-TO-ONE

There are lots of different dynamics within a family and spending time together in different combinations can really help a range of different relationships to flourish.

- Consider the different relationships – adult-adult, adult-child, child-child
- Explore how to plan time so people can spend time together in different combinations
- Can you create routine and ritual around this time together e.g. movie night?
- Don't forget the importance of adult-adult relationships as well as adult-child

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*If your child had an hour of your time and they could set the agenda, what would they most like to do?*

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## IDEA 7 – SPEND TIME ALONE

We don't have to spend all of our time together as a family in order to be a happy family. In this module we explore the importance of each family member having their own identify and space, as well as feeling part of the family unit.

- How can we each find our place as an individual, as well as a family member?
- What steps can we take to help family members to carve out a little space and time for themselves?
- Do any family members especially need quiet time alone? What might help here?
- When we take time out from our different roles, we return to them refreshed

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*Who are you?! What matters to you about you beyond your 'roles' within the family*

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## IDEA 8 – LEARN TO SAY SORRY

Sometimes we get things wrong. That's okay. The way in which we repair family ruptures gives our children a template for how to respond to these kinds of situations in the future. In this module we think about when and how to say sorry and the importance of forgiveness and moving on.

- When was the last time things went wrong?
- What happened next?
- How could it be handled differently?
- How would you hope your children would respond to dispute and difficulty?
- Do you role model this? Could you?

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*Is there a recent moment you could revisit with your family and use as a learning moment to try and prevent it recurring?*

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## IDEA 9 – LAUGH!

Laughter really is the best medicine. In this module we think about how we can help to sprinkle this crucial ingredient into our family life.

- When was the last time you laughed together?
- Think together about the things that make you laugh – it doesn't matter if it makes no sense to anyone else
- Plan ahead to create the space and safety needed for unadulterated joy
- When laughter happens lean in – these moments are precious
- Note down and remember the funniest moments - you'll forget and lose them otherwise

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*What makes you smile?*

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## IDEA 10 – LOVE OUT LOUD

Finally, we consider the importance of being open and honest about our love and care for one another. As humans we are often quick to share criticism and complaints, whilst care and kindness go unspoken. We think about how to turn that on its head.

- Don't assume that children know they are loved
- Find words and means of sharing that feel acceptable to you all
- Don't just say it, show and share it – a text or a post-it note can be cherished
- Pay meaningful compliments: spontaneous, sincere, specific
- It might all feel a bit strange at first but it won't do for long
- If a child is distressed simply remaining physically and emotionally present is a huge act of love

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*What do you most love about your child? Have you told them lately?*

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