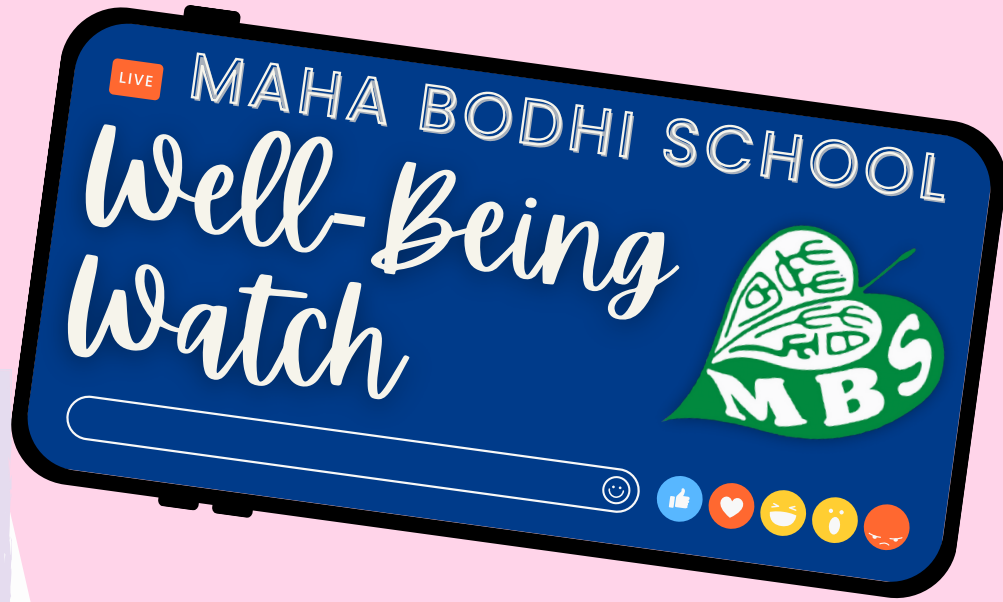




Issue #8, Term 4 2025



Supporting Mental Wellness at Home

In this edition, we're excited to share with you fun activity ideas to enjoy with your child, designed to support their mental well-being. The school holidays are a wonderful opportunity to build stronger connections through shared experiences. Spending quality time together helps nurture your child's emotional health, resilience, and overall development.



Stay connected with your child and show that you value and enjoy spending time together.

Find out different ways to bond with your child.

Read our newsletter attachment to find out more!





GROW YOUR CHILD'S WELL-BEING

Supporting your child's mental well-being doesn't have to be complicated. With time and attention, you can help them feel more confident, secure, and happy.

#1- Promote Emotional Well-Being

- Help your child feel safe, understood, and supported. Spend quality time together, listen to their thoughts, and show interest in their feelings.
- Encourage positive self-talk and simple relaxation habits, such as quiet moments or imagining a happy place. These small acts help your child feel valued, build confidence, and manage stress more effectively.



#2 Build Personal Growth & Resilience

- Foster your child's independence and confidence. Encourage them to take on manageable responsibilities, focus on their strengths, and celebrate effort as well as achievement.
- Support them in learning from mistakes, set realistic expectations, and model healthy ways of coping with challenges.
- Helping your child develop resilience gives them the confidence to face difficulties, try new things, and grow from their experiences.



#3 Nurture Social Connections

- Strong relationships nurture a sense of belonging and happiness. Encourage friendships, family activities, and open conversations about feelings, kindness, and teamwork.
- Remind your child that it's okay to ask for help and share worries. Feeling connected to others strengthens social skills, empathy, and emotional balance, giving your child a secure foundation to explore the world.



Well-Being Watch



FAMILY FUN FOR DECEMBER HOLIDAYS



Discover and nurture your child's interests this holiday season!

Explore new activities together, recharge, and strengthen your bond. Hover over each suggestion for helpful resources!

Indoor Play Ideas for Mental Wellness & Bonding

- Ignite your child's creativity through fun **art and craft activities!** Encourage them to draw, paint, and sculpt using recycled or everyday items at home – a great way to nurture imagination while putting upcycling to good use. Try a fun activity using cardboard boxes [here](#).
- **Staying connected with family** - Encourage your child to stay connected with their grandparents and extended family - through a cheerful video or phone call, or even by hosting a fun virtual gathering! Here are some [movie ideas](#) from Families for Life which your child can watch with grandparents, cousins or any extended family member.
- Let your child experience the **joy of cooking!** Involving them in meal preparation gives them a sense of accomplishment and pride in creating something delicious together for the family. Please click [here](#) to find some easy-to-prepare snacks - you have a chef in the making!



Outdoor play ideas:

Active and creative play

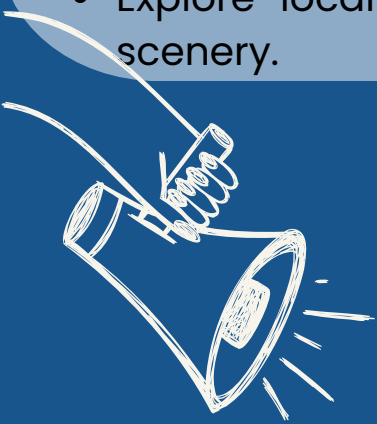
- Play sports: Engage in games like soccer, tag, or a simple game of catch in a park.
- Obstacle courses: Create a physical challenge in your backyard or a local park using natural elements or playground equipment.

Mindful and calming activities

- Mindful walks: Take walks with your child in a park, by a river, or on along a trail.
- Gardening: Digging, planting, and tending to plants can be very relaxing and provides a sense of purpose.

Social and community-focused activities

- Explore local trails: Hike or follow a woodland trail to discover new scenery.



If your child misbehaves during fun activities

When your child misbehaves, try to understand the cause — they might be tired, bored, or need a break.

Use the situation as a chance to teach calm and self-control. Set fair boundaries and involve your child in making rules to help them feel safe and responsible. Encourage creativity by keeping simple materials or dress-up items handy for when they're bored.

Be physically and emotionally present when you spend quality time with your child. for more ideas. **Showing an interest in the things that matter to them will help you understand each other better and strengthen parent-child bonds.**



Use **O.K.A.Y.** tips to Monitor & Support Your Child's Mental Well-Being

#1-Observe Your Child's Emotions

Guide your child to recognise their emotions and use the feelings tracker to check in how they're feeling. The feelings tracker by HPB can be accessed [here](#).



#2-Keep a Healthy Lifestyle

Physical and mental health are connected – both are important. To boost your child's mental wellness, encourage them to exercise regularly, sleep well and maintain a balanced diet.

#3-Adopt Coping Skills

Help your child adopt coping skills that include (a) better time management, (b) reframing thoughts to build cognitive resilience, and (c) regularly engaging in activities to clear one's mind (e.g. mindful breathing exercises for relaxation).



#4-You can Reach Out

Reaching out and asking for support does not mean that the child is any less capable. Reach out by (a) staying connected (b) be there for others and (c) seeking mental health resources & services when needed.



Resources for Parents



With school, teachers, and friends playing an important role in your child's life, finding time to connect as a family can be challenging. However, shared activities and special moments together can help to strengthen family bonds—which remain the most powerful influence on your child's growth and development. Scan the QR code to access useful resources on family bonding.

Mental well-being is part of our overall health.

Discover a collection of self-care tools and resources designed to help you better understand and take charge of your children's mental well-being. Scan the QR code to access the resources.



"Rejoice with your family in the beautiful land of life." – Albert Einstein

