



Ways to build healthy coping tools & emotional well-being in families

- Create space for daily communication
- Embrace imperfection – for parents and children; realistic failures and frustrations.
This builds resilience
- Increase your sense of belonging with rituals, chores and responsibilities- feeling connected and having a purpose can decrease loneliness and isolation
- Help children discover who they ‘are’ - talk to them about what you notice and learn about them
- Teach and practice gratitude –this has a direct impact on sense of well-being
- Focus on your own mental well-being as a parent
- Show children how you take care of relationships - we have to work to communicate, to compromise, to forgive. Relationships of value take real work.
- Maintain balance- too much focus on any one thing can be unhealthy
- Have fun together- when we are relaxed, we are our authentic self