

**Let your child
know that you are
available for them**

**Be consistent and
follow through with
what you promise**

Be Present

**Acknowledge
their feelings**

**Actively listen
before giving
advice**

**See all
behaviour as a
window to your
child's needs**

**Top Tips
Nurturing your
child's emotional
wellbeing**

**Plan in time to
do things
together**

**Set and
respect
boundaries**

**Encourage
routine**

**Limit
electronic
time for
everyone**

**Stay calm to
help your child
calm down**

**Make time to
have fun**

**Find things that
you both enjoy**

**Build in regular
touch – high 5,
hugs, stroke
back**

**Repair your
relationship after
any conflict**

**Tune into them
and how they see
the world**

**Healthy
minds**
Working Together Working in Schools