



# Wellbeing: What's it all about?

## What are some of the factors that make up wellbeing?

- Being involved in supportive relationships
- Feeling that your life has meaning and purpose
- Feeling connected to others in your community
- Feeling a sense of control of your emotions
- Engaging in activities that are important to you

## Wellbeing and your child

As a parent you want your child to be safe and happy throughout their time at school, and beyond. Here are some ways you can lay the foundations for your child's wellbeing and, at the same time, support the school to build on and enhance these vital skills.

- Build strong, healthy and trusting family relationships.
- Make time for open communication to build close family ties.
- Get involved in your child's education to show you value learning.

Research tells us that young people who feel safe, connected and secure, and have loving and trusting relationships, are more likely to be active participants in their learning and to achieve better physical, emotional, social and educational outcomes.

Wellbeing is linked to improved learning outcomes. When children experience learning success, their wellbeing is further enhanced – so wellbeing and learning go hand in hand!

## Your role as a parent

As a parent your role is fundamental to the health, safety and wellbeing of your child. While there are different parenting styles, some features of parenting are associated with higher levels of children's wellbeing and success at school.

- Showing warmth to your child via expressions of affection, love and support
- Setting limits and boundaries to encourage your child's self-control
- Encouraging your children to share and talk about their worries
- Sharing your own concerns and worries with your children in a sensitive way

## Find out more

Discover more about the [Australian Student Wellbeing Framework](#), and how you can help build your child's social and emotional skills. Work in partnership with the school to promote the wellbeing of everyone in a safe, supportive and positive learning community.

## Websites

Parents and schools work together to promote the wellbeing of children and young people. Learn more from these websites.

- [Child protection, health and safety services](#) (Raising Children Network)
- [Sleep for children's health and wellbeing](#) (Murdoch Children's Research Institute)
- [The move to high school - An opportunity to improve health and wellbeing](#) (Murdoch Children's Research Institute)

## Podcasts

These podcasts have some good tips for promoting family wellbeing. Find them by searching in your podcast app.

- Australian Institute of Family Studies
- Emerging Minds
- *Happy families* with Dr Justin Coulson