

# Supporting Parent/Carer Wellbeing Virtually

**ADVANCE SCHEDULE.** PROVIDE ACTIVITIES, SCHEMES OF WORK IN ADVANCE. THIS WILL HELP PREPARE PARENTS/CARERS AND GIVE THEM ENOUGH TIME TO PLAN.

**SEND A WELLBEING PACKAGE.** FILLED WITH ITEMS TO SUPPORT WELLBEING, SHOWING YOU CARE AND UNDERSTAND WE ALL NEED A BOOST AT TIMES E.G. HERBAL TEA, QUIZ SHEETS, GUIDED MEDITATION, A TREAT, SLEEP SPRAY.

**COMMUNITY MINDED.** OFFER ADVICE AND OPPORTUNITIES FOR PARENTS/CARERS TO COME TOGETHER VIRTUALLY. PROMOTING A CULTURE OF LOOKING AFTER EACH OTHER.

**SIGNPOST.** TO LOCAL AND NATIONAL SUPPORT SERVICES. PROVIDE THIS PROACTIVELY, SO PARENTS/CARERS ARE INFORMED AND CAN USE THE KNOWLEDGE WHEN THEY NEED IT.

**STAY IN TOUCH.** THIS COULD BE THROUGH, PHONE, EMAIL, POSTCARDS. OFFER CLEAR, POSITIVE COMMUNICATION ON A REGULAR BASIS THAT PRAISES AND ENCOURAGES.