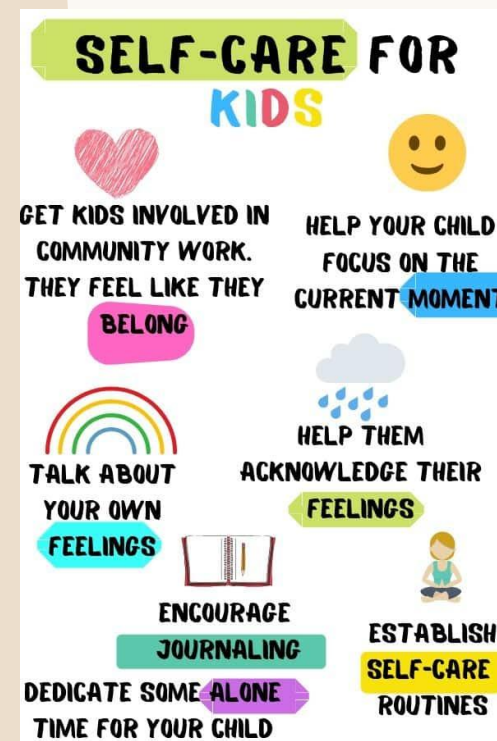


Self-care and daily routines

Key takeaways for parents & carers

- ✓ **Routine creates security and stability** – Consistent daily routines help children feel more confident, reduce anxiety, and support emotional wellbeing.
- ✓ **Sleep is essential for learning** – Good quality sleep improves concentration, mood, memory, and overall engagement with education.
- ✓ **Healthy habits support success** – Regular meals, hydration, and physical activity all contribute to better focus, energy levels, and wellbeing.
- ✓ **Self-care includes emotional wellbeing** – Encouraging children to talk about their feelings, take breaks, and enjoy hobbies can help them manage stress more effectively.
- ✓ **Small changes can have a big impact** – Introducing one or two positive habits at a time is often more successful than making major changes all at once.
- ✓ **Flexibility matters** – Routines should provide structure while allowing for the realities of family life and individual needs.
- ✓ **Parental support makes a difference** – Encouragement, understanding, and celebrating small successes can help children build resilience, confidence, and independence.



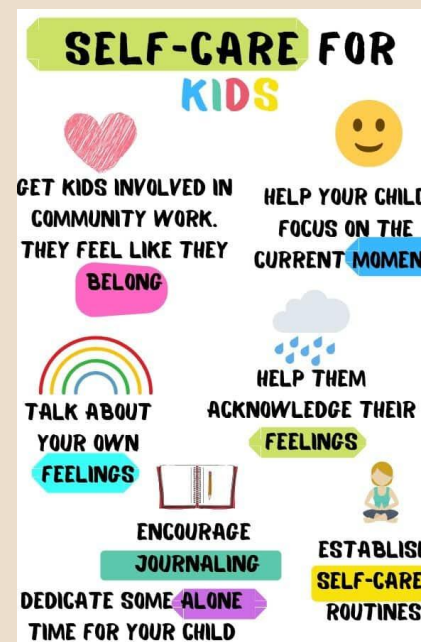
Promoting healthy self-care habits and the importance of maintaining positive daily routines.



Self-care and daily routines

Things you can say to your child:

- ✓ "You don't have to get everything right today – just do your best."
- ✓ "Let's focus on one step at a time."
- ✓ "I'm proud of the effort you're putting in."
- ✓ "What do you need from me right now?"
- ✓ "It's okay to take a break and look after yourself."
- ✓ "Tomorrow is a new day and another opportunity to try again."





Trusted support links

YoungMinds (parent support and mental health advice)

[YoungMinds Parent Helpline & Resources](#)

Place2Be (children's mental health and parenting advice)

[Place2Be Parenting Smart](#)

NSPCC (parenting support and safeguarding guidance)

[NSPCC Parenting Advice](#)

Anna Freud Centre (wellbeing resources for families)

[Anna Freud Family Resources](#)

Mind (mental health information and support)

[Mind Information and Support](#)

Kooth (free online wellbeing support for young people)

[Kooth Online Support](#)

Childline (support for children and young people)

[Childline Help and Advice](#)

The Sleep Charity (sleep advice for children and families)

[The Sleep Charity Resources](#)

