

WELLBEING CORNER

By Gene Reardon

PARENT CONVERSATIONS

Parents Guiding Children's Social and Emotional Wellbeing



First of all, a huge thank you for supporting your children to get online for classes at VCD. This is not an easy task. We really appreciate the extra time you are taking to set up the study space and the efforts you are making to encourage your children to focus on learning.

Please reach out to us with any concerns you have.

This week we are focusing Parent Conversations on looking after children's wellbeing. This is always important and particularly relevant in times of crisis, when families are experiencing additional pressures and anxiety.

We know that positive social and emotional growth in children provides a strong foundation to their futures. As parents we want to see our children develop resilience, to become world ready, to be happy and included, to feel loved, to become responsible adults and fantastic contributors to our community. These are big ideals, particularly when our children are growing up in an uncertain world.

There are things we can do as parents to help our children develop positive social and emotional health. These activities can be easy, natural and fun for everyone in the family. Please have a look at some ideas at <https://www.education.vic.gov.au/parents/family-health/Pages/your-childs-wellbeing.aspx> . You might also like to check out the tips from Beyond Blue <https://healthyfamilies.beyondblue.org.au/age-1-5/social-and-emotional-development>.

Children can develop social and emotional wellbeing when parents:

- talk about feelings – describing and labelling emotions; and help children to manage their feelings.
- role model emotional awareness– for example: talking with children about your own mistakes, saying sorry and trying to make things better. This shows children that being self-aware of our own mistakes is part of life – it is a learning opportunity for everyone.
- provide security and safe feelings by being consistent and predictable.

At VCD we are committed to enabling families to share rich experiences through language and literacy. This sharing helps to build family social and emotional wellbeing. Some families have said they are keen to learn Auslan together. This is a great idea 😊. The College is currently exploring an Auslan for Families Pilot Program. We need parent and student voice to drive our planning and would love your involvement. If you are interested in this, please contact me. I hope to have a chat with you soon.