



10 STEPS FOR FAMILY WELLBEING



1 Establish a daily schedule and routine



4 Find daily opportunities to connect, take notice, be active, keep learning and give



6 Encourage screen breaks and time offline



8 Prioritise physical activity, sleep and healthy eating



2 Allocate several breaks throughout each day – either staggered or together



5 Keep a check on your child's mental health and wellbeing



7 Speak to family, friends and teachers for support



9 Access reputable wellbeing support e.g. Beyond Blue, Head to Health or Kids Helpline



3 Dedicate time to talk and be present together as a family



10 Focus on gratitude at the end of each day

