



Strategic
Command



EJSU Welfare Matters

Staying safe, staying healthy. *Covid19*

A message to you all,

“Padre, I fear we are heading for a Major Mental Health Crash!” is a statement I have heard a number of times during this COVID pandemic. But what is it that causes CRASHES?

Now even as a Padre I’m not immune to bad things happening to me and I’ve been involved in 3 major car crashes in my life. In two cases the other drivers were young blokes who were driving too fast for the road and weather conditions, lost control of their cars and caused the crash. In the 3rd a tired bus driver lost concentration and didn’t notice that my car had stopped at a T-Junction to give way to a cyclist he hadn’t noticed and ploughed into the back of us. Thankfully the cyclist saw the bus coming and got himself out of the way. But in all 3 cases my car was a write off.

When it comes to our mental wellbeing going too fast for the conditions we are facing or losing focus on what is genuinely important are real dangers. This is because when our mental health suffers we not only have to think about the harm that is happening to us but also to those we come into contact with.

I am grateful that CO EJSU invited me to write the opening of this latest Edition of WELFARE MATTERS. As we approach this festive period, most of us will have an opportunity to take our foot off the gas, slow down and focus on what is important, our wellbeing. My hope is that as you go through this slowing down process, that you will find something within these pages of help to you, your family, friends and colleagues.

Have a happy, restful and joyful Christmas break

Padre Paul Mellor Senior EJSU Chaplain

In addition, please remember... do reach out to your NSE, Community and EJSU Welfare Team accordingly.

PLEASE ENSURE THAT YOU KEEP UP TO DATE WITH EMERGENCY INFORMATION PROMULGATED BY YOUR RESPECTIVE NSE & SNRS.

EJSU.Net

**JOIN THE
COMMUNITY**



<https://www.ejsu.net>

IMPORTANT NOTE: FOR SOME OF THE LINKS IN THIS DOCUMENT YOU WILL NEED TO RIGHT CLICK TO OPEN, OR CUT AND PASTE INTO YOUR INTERNET SEARCH BAR.

**Lieutenant Colonel
Jonathan Craven RA**
**Commanding Officer
European Joint
Support Unit**



**DEC 2020
ISSUE 4**

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SPECIAL POINTS OF INTEREST

- EJSU Covid Apps

- Domestic abuse—All

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

- <https://www.gov.uk/coronavirus>



EMERGENCY CONTACTS

Remember that the Welfare Team and Padres are here to support you;

EWO

Chris Jones Mob: 0032 478 97 02 80

EJSU Welfare Office

Welfare Team Tel Mil: 9205 423 6733

Civ: +32 (0)65 44 6733

Padres

Padre Paul Mellor Mob: 0032 470 66 45 8

Army Welfare Service (AWS)

SSGT Nathan Johnson

The AWS is available to provide Tri-service second line support across the EJSU AOR. Personnel can request a referral through the European Welfare Officer, Chris Jones, or alternatively, self referral using the contact details below;

RC-AWS-IAT-oMailbox@mod.gov.uk

Tel: +44 1904 88 20 53



<https://modgovuk.sharepoint.com/sites/defnet/HOCS/Pages/Health-and-Wellbeing-Portal.aspx>

Health and Wellbeing Portal

Joint Casualty & Compassionate Cell JCCC— Overseas Support - for Service Personnel and UK Based Civilians (UKBC) (excluding operational deployment)

UKBC's and Service Personnel are entitled to the same service provided by the **Employee Wellbeing Service (EWS)** when serving overseas in non-operational areas as that provided to employees in the UK, although there are necessarily some variations for example in assisting with cases of a compassionate nature.

PLEASE ENSURE ALL YOUR PERSONAL AND NEXT OF KIN DETAILS ON JPA AND HRMS ARE CORRECT AND UP -TO-DATE.

If you or your family have a critical issue regarding an urgent return to the UK because of a critically ill close relative that requires an immediate response, you are to contact the Joint Casualty and Compassionate Cell (JCCC) at any time. Their number is: **+44 1452 519 951**

You must make sure that you and your family are aware of the arrangements for contacting the JCCC, should the need arise whilst you are serving overseas. You must find out about any local arrangements for dealing with issues of a compassionate nature when you arrive at the overseas location.

For more information please contact your Notifying Officer, Rachael Lewis via the following email;

EJSU-J1-Welfare-NA@mod.gov.uk

When you call you will be asked for the following information: Service Number, Rank, Name, Home Unit and current location of the Service Person, together with, full details of the relative concerned, their location and name of Doctor, Hospital and/or any other organisation involved in the case. Please be aware that any information will be verified with the appropriate organisations before Compassionate Travel may be authorised.

You must contact the JCCC as soon as possible as your relative's parent unit cannot authorise Compassionate Travel from overseas.

For further information about Welfare and Community Support Services available to Service families, see the following websites:

www.royalnavy.mod.uk/welfare
www.army.mod.uk/personnel-and-welfare
www.raf.mod.uk/serving-families

JPA P001 (MAR 19)

COMPASSIONATE TRAVEL FROM OVERSEAS (For Service Personnel, their Dependents and Reserve Forces serving abroad)

If circumstances should arise whilst your relative is overseas either on a posting, at sea, or on deployment, that make it necessary for you to apply for his/her return on compassionate grounds (such as a death in your immediate family, serious illness or serious family crisis) you should telephone the Joint Casualty and Compassionate Centre (JCCC) +44 (0) 1452 519951.

This number is continually manned 24 hours a day, including weekends and Bank Holidays.

Please write Service Person's Number, Rank and Name above

BFSWS

BRITISH FORCES SOCIAL WORK SERVICE

and EJSU

The provision of statutory social work services:

BFSWS are continuing to provide a 'business as usual' approach and will be as creative as possible in doing so.

Whilst they are unable to travel, regular communication can still be undertaken through the utilisation of social media such as email, skype, FaceTime, phone calls, etc. BFSWS will ensure that regular communication and updates take place between BFSWS and all Commands.

BFSWS are open for business 24/7 where a duty social worker will remain on call for any out of hours or urgent referrals.

Tel: 0044 808168 3111

Email:

crt.bfsws@coreassets.com

Advice for everyone Coronavirus (Covid-19)

MEDICAL INFO



NHS COVID-19

Protect your loved ones with the official NHS COVID-19 contact tracing app for England and Wales

Free

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Make sure you're looking after your wellbeing while we go through this period of social distancing. The [Health and Wellbeing portal on the Defence Net](#) has tools and support to help people across Defence manage their own mental fitness and wellbeing and to get support and advice when they need it.

For Civilians: you can access the [Employee Assistance Programme](#). Their services are available 24 hours a day, seven days a week.

For Military Personnel: the [Combat Stress Helpline \(www\)](#) and the [SSA-FA Forces line \(www\)](#) are both available if you need support.

If you have features of COVID-19 you should;

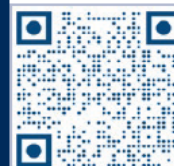
- Self-isolate yourself and your household.
- Distance yourself from other family members where possible
- Phone your healthcare provider (or the number they have provided)
- Follow their instruction.

Once initial management in place;

- Inform your Chain of Command and NSE of absence.
- Inform your healthcare team email; SGDPHC-O-EJSU-Med@mod.gov.uk or relevant clinician monitored.

QR CODES TO HELP

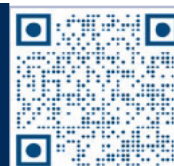
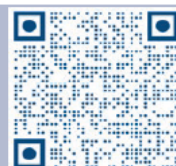
Scan the QR Codes using your mobile phone to access help from charities and organisations.



PTSD Resolution

Help for Veterans, Reservists and Families who are struggling to reintegrate into a normal work and family life due to trauma suffered during Service.

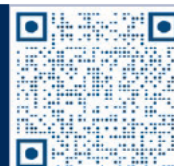
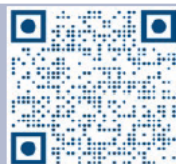
Contactarmedforces
A group of charities working with the NHS & MoD to make it simpler to find support with mental wellbeing.



Anxiety Network

Helping those with panic disorder, generalised anxiety disorder and social anxiety disorder

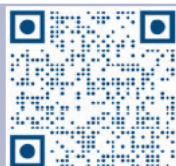
Cruse
Bereavement support.



Alcoholics Anonymous

For those seeking strength and support through for alcohol related issues.

Al Anon
Supporting the families and friends of those with alcohol issues.



Medical/Health

Are you drinking too much?

Coronavirus-alcohol-and-mental-health

Coronavirus:
alcohol and your well-being.

www.drinkaware.co.uk/isolation

This is a stressful time for many of us. Make sure you're looking after your mental and physical health during the coronavirus outbreak. Try these five simple ideas to help you cut down on your drinking whilst in isolation;

- ⇒ **Keep track of your alcohol units.** [Track and Calculate Units App](#)
- ⇒ **Check your 'Home' measures.** [unit-measuring-cup](#)
- ⇒ **Go small.**
- ⇒ **Drink free days.**
- ⇒ **Get inventive with alternatives.**

14 units
a week for both men & women



Isolation:

cutting down on alcohol at home

drinkaware

MEDICAL INFO

Germany—Corona-Warn:

<https://www.coronawarn.app/en>

Android: <https://play.google.com/store/apps/details?id=de.rki.coronawarnapp>

Apple: <https://apps.apple.com/de/app/corona-warn-app/id1512595757?l=en>



Netherlands—CoronaMelder

<https://coronamelder.nl/en/>

Android: <https://play.google.com/store/apps/details?id=nl.rijksoverheid.en>

Apple: <https://apps.apple.com/nl/app/coronamelder/id1517652429?l=en>



Portugal—STAYAWAY Covid:

<https://stayawaycovid.pt/landing-page/>

Android: <https://play.google.com/store/apps/details?id=fct.inesctec.stayaway>

Apple: <https://apps.apple.com/pt/app/stayaway-covid/id1519479652?l=en>



Spain—Radar Covid:

<https://english.elpais.com/society/2020-06-29/spain-launches-first>

Android: <https://play.google.com/store/apps/details?id=es.gob.radaracovid>

Apple: <https://apps.apple.com/es/app/radar-covid/id1520443509>



CoVid-19 Apps

There are various official CoVid alert apps that have been rolled out across Europe. If you have any concerns regarding the Apps you can contact:

EJSU-J2-SNCO@mod.gov.uk

Belgium—Coronalert:

coronalert.be

Android: <https://play.google.com/store/apps/details?id=be.sciensano.coronalert>

Apple: <https://apps.apple.com/us/app/coronalert-belgium/id1526431891>



France—TousAntiCovid

<https://bonjour.tousanticovid.gouv.fr/index-en.html>

Android: <https://play.google.com/store/apps/details?id=fr.gouv.android.stopcovid>

Apple: <https://apps.apple.com/us/app/stopcovid-france/id1511279125>



Turkey—Hayat eve sigar:

For new arrivals in Turkey.

<https://hayatevesigar.saglik.gov.tr>

Android: <https://play.google.com/store/apps/details?id=tr.gov.saglik...>

Apple: <https://apps.apple.com/tr/app/hayat-eve-sigar/id1505756398>



Italy—Immuni:

<https://www.immuni.it/>

Android: <https://play.google.com/store/apps/details?id=it.ministerodellasalute.immuni>

Apple: <https://apps.apple.com/us/app/immuni/id1513940977>



Poland—Home Quarantine (Kwarantanna domowa) This app is for people who have to quarantine. You will be required to submit a geo located selfie, whilst in quarantine you may be required to submit a new selfie within 20 mins to demonstrate isolation. If there is no reply the Police will be notified.

<https://www.gov.pl/attachment/61c20412-40da-4764-90b4-908344deff35>

Android link: <https://play.google.com/store/apps/details?id=pl.nask.droid.kwarantannadomowa>

Apple link: <https://apps.apple.com/pl/app/home-quarantine/id1502997499>



SAFEGUARDING

your family on-line

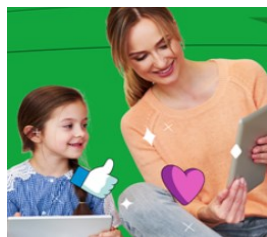
Online safety: sharing videos and images

Net Aware, produced by the NSPCC and O2, has released content to help parents and carers who may be worried about their child sharing videos and images online. The content discusses why children use apps like TikTok and Snapchat, and provides guidance for parents and carers to help keep their children safe including: setting their account to private; reminding them not to post locations in real time or share personal information; and talking to them about sexting and sharing nudes.

Read the news story:

[Should I be worried about my child sharing videos and images online?](#)

Source: Net Aware
Date: 28 October 2020



It's a tough time for everyone now, but especially for parents and children. There is a lot of pressure on families as they spend more time together and with fewer avenues of support available if they need a hand.

Changes to school and working life mean that children have turned to digital resources for learning, exercising and socialising during self-isolation and there are plenty of ways you can help them stay safe.

Online safety home activity packs

Our home activity packs include simple 15 minute activities you can do with your child to support their online safety at home. Download your pack today!

There is a great deal of information available in relation to the Coronavirus (COVID-19) outbreak already, the following is a roundup of useful websites to help Children & Families during the Coronavirus Outbreak.

[Parents and Carers | Safer Internet Centre](#)



[Your guide to social networks, apps and games](#)



[Parents and carers - Childnet](#)



Online safety

A BBC Panorama TV programme broadcast on 2 November 2020 examined the social media app TikTok asking if it was safe for the millions of young people who have signed up to use it.

Watch the programme on BBC iPlayer: [Is TikTok safe?](#)

See also on NSPCC Learning

> [Social media and online safety](#)

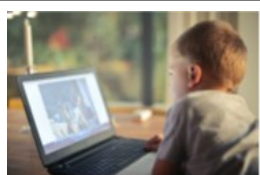
Source: BBC

Date: 02 November 2020

Who else can help

Other organisations who can advise

[Let's talk about life online](#)



NSPCC Learning

How safe are our children? 2020



<https://learning.nspcc.org.uk/research-resources/how-safe-are-our-children>

NSPCC Childline service gives children and young people a safe and confidential space to talk, be listened to and get support.

Peer-on-peer sexual abuse

NSPCC Learning has put together some principles outlining best practice to help with recognising and responding to peer-on-peer sexual abuse. The content includes information on: what peer-on-peer sexual abuse looks like; how to respond appropriately and proportionately to concerns or instances of peer-on-peer sexual abuse; how to help prevent peer-on-peer sexual abuse occurring; and an overview of the legislation and guidance to help practitioners recognise and respond to peer-on-peer sexual abuse across the UK.

Read the news story: [Protecting children from peer-on-peer sexual abuse](#)

See also on NSPCC Learning

> [Protecting children from harmful sexual behaviour](#)

Source: NSPCC Learning
Date: 16 October 2020



SAFEGUARDING

For the vulnerable

Male Victims of Domestic Abuse



ONE IN THREE VICTIMS OF
FAMILY VIOLENCE IS MALE

www.mankind.org.

Please call 01823 334244 to
speak to us confidentially

ManKind is a confidential helpline available for male victims of domestic abuse and domestic violence across the UK. They provide an information, support and signposting service to men suffering from domestic abuse from their current or former wife, partner (including same-sex partner) or husband.

This can range from physical violence or object throwing to abuse such as constant bullying or insults. The helpline is a listening service which provides emotional support, practical information and signposting. They receive calls from male victims of domestic abuse across all age ranges and professions: The helpline also welcomes calls from friends, family members, neighbours, colleagues and employers of male victims seeking information.

Loneliness can be a serious health hazard and is closely linked to self-neglect.

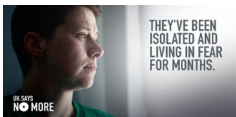
What is self-neglect? Noun: Neglect of oneself, especially one's physical well-being.

Self-neglect is a broad concept and quite a difficult one to pin down. It can originate for widely different reasons and manifest in different ways, including:

- ♦ not eating regularly, or healthily.
- ♦ not taking prescribed medicine.
- ♦ living in dirty and poor conditions.
- ♦ substance abuse.
- ♦ Hoarding.
- ♦ poor personal hygiene.

As we move into the winter months, self-neglect can become a much more serious issue. Regular support services tend to be more limited, leaving lots of individuals to fend for themselves more than they normally would. Missing loved ones, friends and family being too distant to visit could trigger self-neglect.

Be aware of Self-neglect – Check on your friends and family. If you are feeling lonely, don't be afraid to reach out to your inner Mental resilience or ask for support.



Isolation | Monitoring activity | Restricting autonomy |

Gaslighting | Name-calling | Controlling money |

Reinforcing roles | Manipulating kids | Controlling your body |

Jealousy | Sexual coercion | Making threats | Getting out

THIS IS HOW YOU CAN RESPOND TO DOMESTIC ABUSE

1. Believe—We are reaching out and letting you know that specialist domestic abuse support services are open and that the police are ready to respond.

- * **Don't think you can tell the perpetrator to stop and that they will. This will increase risk of significant harm to the victim and their children.**
- * **Don't think you have to do this alone. The specialist workers are waiting for your call and ready to work with you through this.**

2. Respond—If you are concerned about someone you know check in but be mindful that communication channels and technology may be monitored. Consider reporting your concerns to either a member of the EJSU Welfare Team or the BFSWS. Learn more about the ways that perpetrators control and monitor communications by visiting

<http://uksaysnomore.org/listening-from-home/>

3. Refer—We know, that you cannot do this alone, so contact your Welfare Team or the BFSWS for a range of support, advice and information.

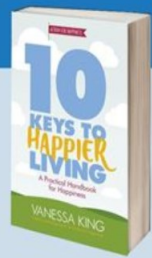
T: +44 808 168 3111 E: crt.bfsws@coreassets.com

MENTAL HEALTH & WELLBEING



Did you know that going outside for 30 minutes each day can positively impact your well being during the winter

It is more important than ever to look after your own wellbeing during this difficult time, so that you can look after your children and family. Take time to rest, exercise and to keep in touch with friends and extended family. If you need extra support, there are a variety of organisations offering lots of useful resources so why not have a look.



Discover how to be happier and create a happier world

- ❖ Find out what really makes people happy
- ❖ Explore science-based ingredients for living a happier life
- ❖ Reflect on what each key means for you personally
- ❖ Try out simple and inspiring actions that make a difference

- * Do things for others
- * Connect with people
- * Take care of your body
- * Live life mindfully
- * Keep learning new things
- * Have goals to look forward to
- * Find ways to bounce back
- * Look for what's good
- * Be comfortable with who you are
- * Be part of something bigger

<https://www.actionforhappiness.org/10-keys-to-happier-living>

ACTION FOR HAPPINESS

....does matter APPS

Free and available to download on Android and IOS



Headspace Meditation and mindfulness



Stay Alive Suicide prevention app is free and offers help and support both to people with thoughts of suicide and to people concerned about someone else



Sleep cycle Analyses your sleep and wakes you up in the lightest sleep phase



eMoods Mood Tracker app lets you easily chart your daily highs and lows, sleep, medications



PTSD Coach App provides coping strategies for anyone suffering from PTSD



Prolonged Exposure Coach Provides evidence-based psychotherapy for PTSD



Joining Forces App Mental health awareness app provides information on anxiety, PTSD and depression



<https://www.anxietyuk.org.uk/>

Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of **anxiety**, it might become a medical disorder.

Anxiety disorders form a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry.

The Civil Service Charity

Life throws up many challenges, and frequently they go hand in hand with money worries. Particularly at this current time, financial worries can be intertwined with fears around the pandemic.

The Charity can help with all sorts of [financial issues](#) (www), whether your income has suddenly reduced from job loss or ill health, or whether you're unable to pay for essential items that need replacing. You may have taken the steps to leave a relationship and need to move on, or you may have lost someone and find it hard to cope financially, as well as struggling with bereavement. They can't promise to pay for everything you need, but they'll work with you to understand what they can help with and look at your individual needs in confidence and without judgement.

For further information about the many ways the Charity can help, take a look at their [website](#) (www), or call to speak to an adviser in confidence on freephone 0800 056 2424

MENTAL HEALTH & WELLBEING *for the young*



How to support your child if they are feeling anxious about coronavirus



youngminds.org.uk

TALK to your child about what is going on. You could start by asking them how they are feeling about the current situation.

TRY to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers but talking can help them feel calm.

EXPLAIN to your child that it is natural to worry sometimes and everyone does it. This feeling, like all feelings, will come and go.

DON'T try to shield your child from the news, as it is likely they will find out somehow from school, being online or from friends.

BE AWARE that your child will often copy your behaviour, so if you are feeling anxious or overwhelmed, you may need to limit how much you express this in front of them.

Helplines and Resources

YOUNGMINDS
Crisis Messenger

powered by
shout
CRISIS TEXT LINE

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger>

YoungMinds Crisis Messenger

THE MIX
Essential support for under 25s

<https://www.themix.org.uk/>



Parents Helpline

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/#under-25?-where-to-go-for-help>



<http://www.youtube.com/user/CSSCVideos/videos>



<https://www.childline.org.uk>

SAMARITANS

jo@samaritans.org

LEARNING & DEVELOPMENT



[About | LifeWorks Families](#)

Careers matter

In a world where quarantine, lock down, pandemic and furlough are now common parlance it seems that many Military families may feel more isolated than ever! Here at LifeWorks Families we are determined to continue offering support to the military community and help with employability and finding work.

Whilst at this moment in time work is probably the last thing on people's minds, when we emerge out of lockdown into the "new normal", the impact that Covid-19 has had on employers will become apparent. So now more than ever, it is important to keep your employability skills honed.

We have an online learning platform people can use by registering [here](#) LifeWorks have been working hard to provide a service where they can support military families remotely and offer their programme in an accessible way. It is all fully funded and doesn't cost anything.



MOOC.org

Massive Open
Online Courses

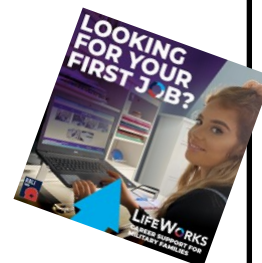
(MOOCs) are [free online courses](#) available to anyone. MOOCs provide an affordable and flexible way to learn new skills, advance your career and deliver quality educational experiences at scale.

Millions of people around the world use MOOCs to learn for a variety of reasons, including: career development, changing careers, college preparations, supplemental learning, lifelong learning, corporate eLearning & training, and more.

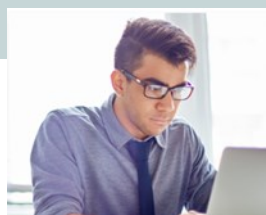
MOOCs have dramatically changed the way the world learns. Ready to get started?

LifeWorks offer 1-2-1 skype sessions with our employability Coaches who can provide all aspects of employability support which includes, but not exclusively;

- CV writing
- Application forms
- Cover Letter
- Job Searching
- Goal Setting/Coaching for Change
- Interviews
- Information on other support available within the Armed Forces community
- Improving self confidence



We are also keen to support any school leavers who are 18+ with their search and move into employment. Military Families can find out more, book a skype session or a place on the introductory group skype session by calling us on 0800 319 6844 or emailing us on lifeworks@rbli.co.uk



Communication Courses

- Languages Courses
- Grammar Courses
- Writing Courses
- ESL Courses
- Chinese Courses
- Spanish Courses



[Browse 2,900+ Online Courses from edX](#)

<https://www.futurelearn.com/>

<https://nearpod.com/>

<https://www.learndirect.com/>

<https://www.open.edu/openlearn/free-courses/full-catalogue>

<https://www.open.edu/openlearn/free-courses/full-catalogue>

Other links
you may find
of use

POSITIVE PARENTING

is important

unicef  for every child

Coronavirus (COVID-19) parenting tips

Expert tips to help you deal with COVID-19 parenting challenges.

The coronavirus disease (Covid-19) pandemic has upended family life around the world. School closures, working remote, physical distancing – it's a lot to navigate for anyone, but especially for parents. Unicef teamed up with the Parenting for Lifelong Health initiative to bring parents and caregivers a set of handy tips to help manage this new (temporary) normal.

Explore the parenting tips [covid-19-parenting-tips](#)



Video: [A Clinical Perspective on Talking to Kids About Racism](#)

Article: [Racism and Violence: How to Help Kids Handle the News](#)

Article: [Helping Children Cope With Frightening News](#)

Article: [How to Foster Resilience in Kids](#)

Article: [What to Do \(and Not Do\) When Kids Are Anxious](#)

Set aside time to spend with each child—It can be for just 20 mins, or longer—it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask you child what they would like to do—Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this.

One-on-one time during COVID-19

This is a chance to make better relationships with your children and teenagers. One-to-one time is free and fun. It makes children feel secure, and shows them that they are important.

LISTEN TO THEM, LOOK AT THEM, GIVE THEM YOUR FULL ATTENTION. **HAVE FUN!**



At Home With CSSC has fun family activities to help you stay occupied including wellbeing and fitness, crafts and hobbies, cooking and gardening, everyday savings, daily endeavours and learning activities for adults and children. With over 160,000+ CSSC members nationwide there's something for everyone www.youtube.com/user/CSSCVideos/videos (www).

<http://www.youtube.com/user/CSSCVideos/videos>



Ideas with your teenager

- ◆ Talk about something they like: sports, music, celebrities.
- ◆ Cook a favourite meal together.
- ◆ Exercise together to their favourite music.
- ◆ Play board games, cards etc.

Ideas with your young child

- ◆ Read a book.
- ◆ Make drawings with crayons or pencils.
- ◆ Dance to music or sing songs.
- ◆ Do a chore together—make cleaning and cooking a game.

Ideas with your baby/toddler

- ◆ Copy their facial expressions and sounds.
- ◆ Sing songs, make music with pots and spoons.
- ◆ Stack cups or blocks.
- ◆ Tell a story, read a book or share pictures