

# EQUILIBRIUM

*Your Total Wellbeing & Resilience Guide*

PART 03

CONNECTION



## Enhancing Connection To Children

by Helen Simpson & Helen Lewis

To get the full version of EQUILIBRIUM for free, go to  
[www.totalwellbeing.co](http://www.totalwellbeing.co)

Photo by Josh Hill from Pixels



**RAW**energy  
Resilience - Authenticity - Wellbeing



*Thank you Vicki. We all have so many stories inside us that need telling. One of the huge challenges we have seen through the pandemic has been the requirement for parents to wear multiple hats. Working and home-schooling isn't easy! Whilst some schools around the world are reopening, we've all learnt a lot and I'm delighted to welcome Helen Simpson and Helen Lewis to support parents to navigate family life and prepare for the future.*

---

# Enhancing Connection To Children

by Helen Simpson & Helen Lewis

**Future Fit Families helps children and parents understand and prepare for the future of work,** through training and events on 21st century mindsets, techsets and skillsets. Helen Lewis and Helen Simpson founded the business, driven by a common desire to support

parents make more informed choices for themselves and their families.

At Future Fit Families, we focus on building stronger connections between parents, education and industry. In recent months, these groups have collided under one roof as parents have found themselves taking on the unique role of parent, teacher AND employee.



Photo by August de Richelieu from Pexels



Photo by Andrea Piacquadio from Pexels

Covid-19 has altered our personal interactions and severely restricted our physical ability to connect with loved ones. Whilst some countries are starting to see restrictions lifted, others are seeing few changes. It's likely that you and your family are adapting to the "new normal" and it's important not to forget everything you are learning from this experience.

There are numerous innovative ways we have been able to remind ourselves that we are all in this together (such as celebrating our front line health workers) and we can continue to find connection even whilst being apart.

### **Deepen the parent-child connection:**

Taking on the role of employee, parent and teacher has been a steep learning curve and has most likely thrown you into a situation where you feel out of your depth. No doubt you received a tsunami of activity suggestions too.

In early childhood education, we don't start with the activity, we start with the child. Before we plan, we observe, we listen and we connect. As a parent, use that specific and targeted knowledge about your

child's interests to identify what resources you need and then "pull" it from the internet. This will help you cut through the noise of online suggestions. Use the power of reflection to build even stronger connections as you learn more about the things they enjoy.

Consider involving your children in your hobby too, encouraging them to be a part of the decision-making process. Dinner table conversations are a brilliant way of brainstorming ideas. It is these healthy habits that you might strive to maintain post-Covid.

### **Manage work expectations:**

Connections have become more personal as the lines between work and home are blurred for those working from home. We have seen our work colleagues like never before, including their children as they sneak into camera view during virtual meetings. I hope after the frenzy of the initial impact, you settled into a rhythm with your work colleagues, though don't be afraid to block times you are not available, or to cut back on online meetings. Ensure that when you do connect online, to check in with each team member for a few minutes, because they may be struggling.



**Reimagine school work:** For those homeschooling, you have had a rare opportunity to see what your child does at school and for you to connect with them in a different way, not as a teacher, but as someone who has become a bigger part of their learning journey.

Continue to find a workable solution that you and your child can maintain and feel comfortable with. You may not be able to do everything the school may be asking. Remember, it's not really home schooling in the true sense of the word - it's just making the best of the situation you are in. Tap into the school network for support and understanding. Accept that you will have good days and bad days - it is part of the journey.

**Keep in touch with family and friends:** It is important that in times of uncertainty, you find anchors for your thoughts and outlets for your emotions. Your circle of family and friends can provide these emotional stabilisers and it is important to recognise your network of support has not disappeared, just because you are not able to physically connect. Through technology, we are still

able to hear and see one another, which enables us to connect and feel comfort. Try and find inventive and fun ways to stay connected by sharing small moments together.

**Maintain your child's friendships:** When you consider the amount of contact your child needs with their friends, it is helpful to consider which age bracket they fall into.

In the preschool years, relationship skills are forming and children spend most of their time with their main caregivers. Friendships are reliant on both verbal and non-verbal communication, making online communication less effective.

Through primary school, deeper friendships begin to emerge. Primary school children are able to verbalise and communicate more effectively and benefit from connecting with their peers.

By the time they reach secondary school, they will have developed deeper bonds with their peers and start to crave independence from parents. Friends are everything at this age and the concept of social isolation is almost unthinkable. They can manage their interactions independently.



Photo by Tatiana Syrikova from Pexels



Photo by Julia M Cameron from Pexels

**Know when to disconnect:** The volume of information we receive contributes to our mental workload, affects our ability to focus and ultimately leaves us feeling overwhelmed and stressed. Take this time to reflect on how you manage your own information. Give yourself permission to declutter, unsubscribe and see the beauty in a less busy calendar.

**Find moments of solitude:** Due to increased levels of isolation, normal routines have been changed, and those precious moments of solitude may have completely disappeared, such as a child-free commute to work or having a quiet lunch out.

You need to carve out time for self-connection throughout the day, to help you to recalibrate and replenish your energy levels. Try something you enjoy whether it's reading, or working on a passion project, even if it's just trying a new meditation or a yoga class.

**Conclusion:** What positives can you take from this situation and what healthy family habits have you adopted that you might want to keep post-COVID? This situation has offered us an opportunity to re-discover the importance of connection and to never take it for granted again.



*Written by:*

Helen **Simpson**

Co-Founder Future Fit Families

**LinkedIn:** @helensimpson2009



Helen **Lewis**

Co-Founder Future Fit Families

**LinkedIn:** @helenlewisfff

## Betsy's Positive Videos

Life can be tough at the best of times, but throw in a pandemic, job losses, race riots and economic uncertainty, and it's enough to push us all over the edge! But in the face of adversity, there are always reasons to be cheerful and nobody brings this to life more than Betsy Griffith, a six year old girl based in England.

In her six short years, Betsy has faced a brain tumour, chemotherapy and blindness. And yet, despite all of these challenges, she remains upbeat and shares her messages of positivity to the world via her increasingly popular YouTube channel.

Whatever kind of day you're having, check out and subscribe to **Betsy's YouTube Channel** and bring a ray of sunshine into your life.



**WATCH BETSY**



@totalwellbeing.co

#equilibriumtotalwellbeing

*"Be humble, for you are made of earth.  
Be noble, for you are made of stars."*

- Serbian proverb

Photo by Snapwire from Pexels

Lawrence@getrawenergy.co  
Heather@getrawenergy.co  
www.getrawenergy.co

To subscribe to EQUILIBRIUM:

totalwellbeing.co

Instagram: @totalwellbeing.co Facebook: @rawenergy.co



**RAW**energy  
Resilience - Authenticity - Wellbeing