

# 5 Skills For Your Kids

## Wellbeing

So with the internet it can, and it has been proven to cause kids to have anxiety and lack of self confidence and so it is more important now than ever to look after our kids mindset and making life simple and easy living for them as much and as possible.

1. **Let kids make their own choices.** So instead of you picking an outfit for them, let them do it and have low sized wardrobes and racks, and chests of draws with handles so they don't trap their fingers and choose their clothes for the day
2. **Discuss mental health with your kids.** This is so important as I became aware of my #mentalhealth at a young age and it helps them help you to meet their needs in terms of mental health and tell you how they are feeling
3. **Teaching kids about mindfulness and meditation.** Once I get to spend time with my son and other children again soon, this is something that I'd like to teach them should they feel stressed and if they are having any worries, and if you as a parent not done this before, it is good for new parents too. I am going to talk about Mental Health, being a parent in a post or video, because it is a common factor. If they decide it doesn't help them, then that is fine, but it is a skill worth practicing and you can use wellness flash cards so they can go through different emotions of mental health and again can discuss the different feelings of the human mind to help deal with mental health problems that can effect children
4. **Have a child look after a pet.** As a kid I grew up having cats as pets and knowing people who had dogs, and they can be a great source of wellbeing. I found it gave me a sense of responsibility and when the cat didn't attack me, being "Target number one" he would sit on my lap and a cuddle with a pet can be a lovely sense of unconditional love
5. **Do a project with your kids.** So as many kids are off from school due to Lock-down, why not do projects, like a Science project, write a book, like a children's book or have them do a computer project example: teaching kids on Desk Top Publishing.