

Family Action Schools' Pack

Introductory Assembly

Families then and now



How are your lives different from those of children in the past?



Do you think there are any similarities?

What can you see?



A family

A group of people
who are related to
one another

Love



Care

Do things together



Have different
interests and
hobbies



Look after
each other

Understand
one another

Want the best
for you



Want you to be
happy



All shapes
and sizes

Security



Parent(s) and
child(ren)

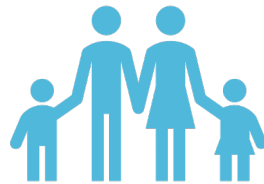


Help

Kind

Family pressures

What kinds of things put families under pressure?



Remember



Pressures are a normal part of life, and what matters most is how we deal with those pressures.



Just talking about our family pressures will help make them easier to deal with.

Family pressures

I need some help with my homework but Mum is always too busy.



I'm not getting much sleep with a small baby and I'm so tired all the time.



Me and my brother keep arguing.

My boss told me today that I'm going to lose my job.



Strategies

Pressure



Parents' work



Arguments



Time



Change (new baby)

Strategy ✓



Talk to someone about how the pressure is making you feel



Tell someone you trust and ask for help to communicate better



Write a note staying you need to speak to them



Ask for help: family member, neighbour, friend, doctor?

Family Action's work with families



Work with families who need help with the pressures they are under



Give advice and support to families who have children with disabilities and special needs, or where a child is a young carer



Train people who work with children to understand how to help them better



Help people with their mental health and wellbeing

Our family topics

During the families topic, you will learn:



All about families – the things that make them special and the things that make them stressed!



How to help family relationships be healthy, positive and happy



How to keep yourself mentally healthy, positive and happy