

Join us in celebrating parents

From adjusting to home schooling, to their children's return to the classroom, parents have juggled even more than normal in the last year. This **Digital Parenting Week** (11-15 October 2021), we are supporting you in helping promote child and parent wellbeing – both online and off.

In your supporter's pack, you have ideas for how you might engage families around digital wellbeing – including a parent engagement event, a 7-day challenge for autumn half-term, and an activity sheet to spark home

conversations around digital use. Whether you are a school, social organisation or a place of work, you can share these activities with parents to inspire a focus around digital wellbeing.

We're sure you'll have many ideas of your own, too, and we'd love to see them!

Please share your wellbeing activities and ideas on social media using the hashtag **#DPW2021**

1

The Big Digital Dine-in

Bring your parent-child community together to link up online with others for a virtual meal – shared online between familiar families, friends and colleagues via a video chatting platform.

Groups can arrange a call with another known and trusted group. It could be with the family of another school friend. It could be grandparents, cousins or other relatives. It could even be something for parents and colleagues within a workplace – for a virtual breakfast, lunch or dinner together.

Whether at the dining table, on the sofa or in front of a video link at your desk, the aim is for groups of parents, children and friends to find time to come together and share how they are doing – from parenting, to life in general – over a healthy meal. Just don't forget to unmute!

Of course, not all groups are able to join online. No problem – they can also connect face-to-face over a picnic instead.*

Wherever you are and whatever group you are part of, you could also encourage a pledge to sponsor the Big Digital Dine-in together – and raise money for a good cause. It could be donating to a preferred charity, a school fund, or even a local food donation scheme.

**Social distancing guidelines permitting*

2

The Digital Wellbeing 7-Day Challenge

A simple and adaptable week of activities for you to share with families, friends and colleagues, all with a focus on digital family wellbeing – to be completed around Digital Parenting Week.

Day #1: The Positivity Playlist. What music makes you feel good and boosts your mood? Create a playlist of everyone's favourite happy tunes – and play them when you need a boost.

Day #2: Share & Like. Make time to discover what each member of the group/family/household likes doing online. Spend some time exploring each person's favourite online platform – whether it's a game, someone's favourite streamers, or something else.

Day #3: Breathe & Relax. Find some online activities that support relaxation and focus – such as guided breathing exercises or yoga classes. Could you make this part of your family's daily routine? Younger children might enjoy calming videos from Ollee [\[watch here\]](#). You can find out more about Ollee, the virtual online friend for children aged 7-11, [here](#).

Day #4: Digital Charades. Write down your favourite apps and games on pieces of paper and each person chooses one for the family to guess. You can then talk about why you like these platforms.

Day #5: Squad Sweat-off. Look up a free online workout (it can be Joe Wicks – or something even more challenging) and get those endorphins going round your bodies. Maybe each family/group member could pick a new workout each week – and keep each other motivated to keep it up?

Day #6: How does digital make us feel? Try activity 3 from the supporters pack to consider how, individually and as a family or group, your daily online activities affect your emotions. Complete the discussion points together – and see if there are things you would like to change. For younger children, there is a printable sheet [included in your supporter's pack] to help map out which parts of your digital lives are working well for you.

Day #7: Our Wellbeing Plan. Agree some household/group expectations for digital wellbeing. This could be where you use your devices, and places off-limits. It could be to agree where you charge them. And it could be things you will change to make sure your digital wellbeing is better supported.

If you have older children in your group or household, could they write a blog post about their digital wellbeing and what they do to manage it?

And would they want a chance to be published on [VoiceBox](#) – an international content platform led by young people for young people?

Email dpw@parentzone.org.uk to submit a blog or to find out more.

3

How does digital make us feel?

Digital can take us through many different emotions in a day – sometimes several at once.

Gaming might make someone feel excited but also – particularly after a long session – tired. Work can be stressful, but also satisfying. A video call might bring happiness, or spark anxiety. Schoolwork? Ask children and “bored” might well come into the conversation...

Whatever we do online, we all have unique associated emotions and feelings. Understanding how our digital lives make us feel can help us consider how it might be affecting our wellbeing – both positively and negatively.

Try, as a family or group, making a list of all the things you do online – and describe the emotions that you associate with each thing.

Then, you can discuss these following questions:

- **Why do these things make you feel like this?**
- **What could you do more of as a family/group?**
- **What would you like to change?**
- **What things would you like to add to the list?**
- **How could you make a plan to change it?**

For younger children, you can support this conversation by using the **‘How does digital make us feel?’ activity sheet** [included in your supporter’s pack]. Print and fill in – either using words or emojis to express the emotions.