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**ON OUR
SLEEVES**


**Wolfson
Children's Hospital**


Feeling connected to family, school, or community has many benefits to children's health and wellness. These include having a good self-esteem, making friends easily, performing well academically, and increased comfort with expressing their thoughts and feelings with others.

To build a sense of belonging in the family, download the **Building Family Belonging** handout (also available in **Spanish**) and try a few of the suggestions. You can also use the tips below to help children socialize and build positive relationships with family, friends and caregivers:

**Building Family Belonging**

Create your own family routines/rituals	Offer hugs or high-fives	Let your child help pick family activities
Share what each person brings to the family	Think of projects that can be done as a family	Talk about things you have in common
Plan consistent check-in times <small>at meals on the way to school</small>	Tell family stories together to connect with the past	Hang up photos of family members
Set aside time for family rituals <small>cooking together an annual outing storytime</small>	Let them teach you something 	Schedule time with each child; 10-15 minutes can make a difference!

**The
ON OUR SLEEVES
Movement**
For Children's Mental Health

**Wolfson
Children's Hospital**

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Teach skills. Model and explain the social concepts of sharing, patience, taking turns, listening, and following directions. These foundational skills are important for developing and maintaining social relationships.



Be involved. Look for school activities or groups in the community your child may enjoy. These might include sports teams, clubs, camps, or regular playdates with friends.



Notice differences. Although children differ in their interest and ability to interact with others, all can benefit from a sense of connectedness. Find opportunities that appeal to their unique social style and understand it may take time to feel comfortable in certain situations.



Share experiences. Remind them it's common to feel like you don't always fit in or are left out sometimes. Share your own examples of not feeling included and how that impacted you. Listen as they talk about their experiences of belonging and provide emotional support.

Don't forget to let us know how you're using *On Our Sleeves* resources. Share what you're trying on social media, using **#OnOurSleevesJax** and **#OnOurSleeves** so we can see! You may also hit the **reply button** to tell us your *On Our Sleeves* story.

Sincerely,
Wolfson Children's Hospital

The mission of The On Our Sleeves Movement For Children's Mental Health is to give expert-created resources to all U.S. communities so everyone can understand and promote mental health for children. For more information, visit OnOurSleeves.org.

To access educational resources and revisit the mission of On Our Sleeves®, visit WolfsonChildrens.com/OnOurSleeves. If you or someone you know is thinking about suicide, contact the Suicide & Crisis Lifeline by calling or texting 988 or contact the Crisis Text Line by texting "START" to 741-741.

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