



April 2018: The Relationship Between Parenting and Social Wellbeing



Dear <<first name>>,

Welcome to the April edition of TotalWellbeing, your guide to the [8 dimensions of wellbeing](#). This month we are going to take a look at social wellbeing, specifically how parenting can affect the social skills of children and steps parents can take to enhance their children's' social savvy. If you missed us last month you can catch up on our [newsletters page](#). As we make it through the year we will continue to emphasize the concept of community and look at how our actions affect our community, country, and in some cases the rest of the world.

To your total wellbeing,
The MINES Team

How Social Wellbeing is Impacted by Parenting

Social wellbeing and parenting go hand in hand. This is true because someone's parents are more than likely the very first social connection a person will form. Furthermore, parents play a huge role in shaping how their children learn to socialize and build connections with other people. Therefore, it is crucial that parents take time to truly consider how they prepare their children for social interactions as it will impact how kids are able to connect with others, handle changes or loss, view authority figures, cooperate with colleagues, and more for the rest of their lives. At the top of the list of things to do is maintain open and honest communication with your children. The more comfortable and trusting children are talking with their parents, the more comfortable and open they are likely to be with others. This goes a long way to building trust and a solid foundation for children to build their social wellbeing on.

If you would like to talk to a family counselor about these topics please call us at 1-800-873-7138 to get connected right away. Also, [PersonalAdvantage](#) has some great [tools](#) and [webinars](#) this month to improve your knowledge around communication, teaching children about life changes, and resilient parenting to help support social wellbeing, and be sure to check out our "[Raising Resilient Kids](#)" infographic.

Question of the Month

What social habits or quirks can you think of that may have come from your parents?

Quote of the Month

Training Suggestions

This Month's Focus

[Check out this month's webinar on Thriving Families](#)

This Month on MINESblog:

[Sleep — The Luxury You Can't Live Without](#)

Check out this Month's Infographic

Important Links

[Visit our BLOG](#)

[MINES and Associates](#)

[2018 Training Catalog](#)

[Balanced Living Magazine](#)

[LinkedIn](#)

[MINES Archives](#)

Contact Us

[Email MINES](#)

“Write to be understood, speak to be heard, read to grow.”
– Lawrence Clark Powell

Check out these training suggestions that may help your organization with Social Wellbeing. Use them in a series or by themselves. MINES is always happy to consult on issues of wellbeing and suggest training that would support your goals. Check out our training manual [here](#) to see other training offerings:

1. [Assertiveness Training](#)
2. [Fundamentals of Self-Esteem](#)
3. [Healthy Relationships](#)

MINES Updates/Community World View

Many factors that define social wellbeing are deeply ingrained in culture and thus varies from people to people and place to place. Social norms and taboos, social etiquette like greetings and manners, and even basic measurements of social happiness and sense of purpose are all examples of factors that can vary wildly around the world. How does this relate back to your own individual social wellbeing? Because exposure to other ways of life and beliefs around social interactions, identity, and wellbeing is crucial to understanding your own place in the world. The more exposure you can gain to other cultures by traveling, researching, interacting with people from other cultures, trying new traditions, sampling foreign cuisine, and so forth, the better you will understand people, including yourself. Furthermore, your mind will become more open to new ideas and ways of life. This not only makes you better educated overall, but makes socializing and finding your place in society, no matter where you are, easier and more enjoyable enhancing your own sense of social wellbeing.

If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.

MINES does not warrant the materials (Audio, Video, Text, Applications, or any other form of media or links) included in this communication have any connection to MINES & Associates, nor does MINES seek to endorse any entity by including these materials in this communication. MINES accepts no liability for the consequences of any actions taken on the basis of the information provided herein, nor any additional content that may be made available through any third-party site. We found them helpful, and hope you do too!

To unsubscribe from this monthly newsletter, click [here](#).