

# Owning Your Role as a Parent

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## When to step in: The Three-Question Test

### 1. Is there immediate harm?

- If yes, step in. If not, it can wait.

### 2. Is this a teachable moment?

- If yes, step back so they can learn. If not, maybe a gentle nudge is better.

### 3. Will this grow confidence or dependence?

- If stepping in may lead to dependence, step back and play a supporting role.
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## How to step in: Curiosity and Collaboration

**Approach with openness and investigation, not authority.**

- Switch from “Do this!” to “What approach makes the most sense to you?”

**View support as collaborators**

- Involve support people early, viewing them as partners, not last-resort fixes.

**Example curiosity and collaboration phrases**

- “I’ve noticed X. What could your next step be?”
  - “You said you want X goal. What support do you need?”
  - “Would it help to talk through some options together?”
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## What we do at Wellio

*We help students proactively improve their mental wellbeing using research-backed habits and techniques. Our programme supports students in improving their sleep, managing social media use, building healthy relationships, improving physical well-being, and reducing anxiety.*

*We partner directly with schools across Australia to design wellbeing programmes that address the needs and context of their students, while providing real-time data to teachers to support them in bringing key wellbeing skills to life.*

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## Notes