



National Children's Day UK 2016 - Sunday May 15th 'Mindful, Heartful Childhood' - Adult Wellbeing Matters!

Supported by the Big Lottery Fund, National Children's Day UK 2016 (NCDUK2016) aims to raise awareness about the importance of adult wellbeing for child wellbeing

The aim of National Children's Day UK is to get as many people as possible to create events and activities that highlight and celebrate the Rights and Freedoms of Children. In 2016 we will be looking at how vital adult wellbeing is for the health and wellbeing of children.

Partners for 2016 include: The Childcare Trust, Headspace.com, Action for Happiness, The Human Values Foundation, Mellow Parenting, Relax Kids, The Steiner Waldorf Schools Fellowship, Mindfulness in Schools Project (MISP), The Pre-school Learning Alliance (PSLA), The Professional Association for Childcare and Early Years (PACEY) and 5x5x5=Creativity.

The wellbeing of the key adults in their world is essential for the healthy development and wellbeing of children. In the UK both parents and teachers are struggling to achieve a healthy work/life balance and are showing increasing levels of stress.

Wendy Ellyatt, Chief Executive of the Save Childhood Movement said:

"National Children's Day UK is all about celebrating the rights and freedoms of childhood – but children need the company of loving and attentive adults who have the time and energy to share their worlds. Parents and teachers need more support and we hope that this year's NCDUK will help to raise awareness about the importance of adult wellbeing, the impact of social inequality and the need for a healthy work/life balance."

People can run any kind of mindful, heartfelt, big or small event that they want for the week up to and including the day. Happy parents, carers and teachers help to create happy, healthy kids!

For more information, please contact

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#NCDUK2016