



Top Tips for Parenting

- **Be a great role model for your children**
Children absorb what you say and do
- **Love your child unconditionally and make them feel safe in their relationship with you**
Children thrive when they have a secure attachment to you
- **Look after yourself**
You need to be emotionally and physically healthy to care for your children- remember to recharge your battery
- **Be consistent**
Whether you have a co parent or not children need to have a consistent response and routine
- **Give positive attention to your child**
All children are attention needing and this is how they learn
- **Listen to your child**
This leads to understanding of their experiences
- **Try to understand the emotion beneath the behaviour**
Underneath every challenging behaviour, there is an unmet need
- **Help your child become aware of their emotions. They need you to help them learn how to calm down (co regulate) until they can manage BIG emotions themselves**

Labelling emotions for children helps them to develop an awareness of what they are feeling. With your support they can eventually learn to regulate their emotions. This leads to resilience.

- **Play with your child and let them lead the play**
Children learn EVERYTHING through play
- **Chat to your child**
Talking to your child will enrich their language skills
- **Reading with your child opens the door to a world of imagination, language and social/emotional development**
It is never too early to start sharing books
- **Set age and developmentally appropriate limits for your child**
Setting limits in a respectful and sensitive way helps children feel secure and learn what is acceptable pro social behaviours
- **Praise, Praise, Praise!**
You can't give your child too much praise. Noticing their attempts to try, progress and achieve will boost their self-esteem and work wonders