

# Your child is saying to you...

**Be firm** - I need to know where I am  
It makes me feel secure

**Be consistent** - or I get confused  
I need to trust you

**Be aware** - that my feelings are real  
Let me express them

**Let me explore and experiment (safely)** - I can't learn otherwise

**Please spend time with me** - I need to know you feel I am important to you

**Say you are sorry if you make a mistake** - Then I can too

**Please try and answer my questions** - Listen to me and help me learn

**Please do not promise what you can't do** - I get disappointed

**Please understand** - If I say "I hate you" it's not you I hate, but your power over me



**Love me** - I need to feel love to be able to trust and make my way in the big world



**listen to your child...**

## Tips and Targets

- Have you had some fun and laughed with your child today?
- How much praise has your child heard from you today?
- How many times have you given in to your child today?
- Have you lost your temper? How do you want to handle it next time?

For further advice on parenting issues please contact your Health Visitor or School Nurse

Developed by The Family Support Health Team

Produced by Health Promotion  
NHS East Sussex Community Health Services

[www.harhealthpromotion.co.uk](http://www.harhealthpromotion.co.uk)

Tel: 01424 735678

© January 2010

# Positive Parenting



Some tips which we hope will make parenting a happy and more rewarding experience for everyone

**B**eing a parent is one of the most difficult things you can do in life. Be assured there is no such thing as a perfect parent and, needless to say, there is no such thing as a perfect child either.

**Play is one of the most important things you can do for your child.**

### **Play:**

- **costs nothing and means everything**
- **lets you enter into their world**
- **helps you to know and understand them better**
- **shows your love and sensitivity to their feelings**



## **Be positive**

Give your attention - smiles and cuddles, tell them when they are being good. How easy it is to only give them attention when they are naughty by shouting and telling them off.

Tell them and show them what you want them to do in a positive way. "Give teddy back to Johnny", rather than "don't snatch you naughty girl", and stay with your child, repeating it until they do.



## **Stay calm**

Easier said than done, but shouting and getting angry confuses and frightens a child who will then be more likely to get angry and shout back.

If ever you do get to the point of snapping and your child does something that is the 'last straw' - walk away from the situation, count to 10 and breathe deeply until you have calmed down and can react in a sensible way.

Avoid head on collisions - by using other tactics. Try ignoring some difficult behaviour, like temper tantrums, or try diverting their attention, offering alternatives.

Be one step ahead.



## **Be clear, firm and consistent**

All children need some clear boundaries in their lives which should be based on three principles - not hurting themselves, others or damaging property. All families have their own rules and it is up to you to decide and agree on yours, but keep them fairly simple; above all be fair and stick to them.