

Parenting - some 'useful tips'

From time to time we all need a little parenting guidance. Here are some tips that may give you confidence in your skills as a parent:



- Good role models:** children can only behave as well as the example you set for them.
- Confidence:** be positive and confident that what you are doing is right.
- Clear boundaries:** choose your boundaries, stick to them and mean what you say. Show you love and accept your child but not all of their behaviour.
- Be consistent:** parents should agree over boundaries and not change them all the time, unless they need to change, as children get older.
- Reward the good:** this will encourage good behaviour
- Diversion:** try not to give attention to bad behaviour, diverting difficult situations is better than having to deal with them. Look for good behaviour and praise them when they do as you want them to.
- Reasonable expectations:** remember their age; don't expect them to be perfect all the time.



There are many parenting groups that run courses for parents to learn together about positive parenting. Ask your school or school nurse whether one is running near to you.

Webster-Stratton, C (2002) *The Incredible Years: A Trouble-shooting Guide for Parents of Children aged 3-8*. Ontario: Umbrella Press

Barnsley Children & Young People's Trust (2009) *Barnsley's Safe Parenting Handbook: A guide for parents and carers* http://www.barnsley.gov.uk/bguk/Health_Wellbeing_Care/Children_and_family_care