

PARENTING TIPS



CATCH YOUR CHILD DOING
SOME THING **GOOD!**

PARENTING TIPS

Successful parenting is challenging, but it is also very rewarding. At times, all parents need support and advice

- Treat children with respect
- Be consistent in what you want
- Reward successes
- Consistently disapprove, what you don't want
- Teach one or two things at a time so that the message is clear
- Through encouragement, guidelines and consistency, children learn self-discipline and appropriate behaviour.

SOME WAYS WE CAN HELP

- our routines help children feel secure
- our self control helps children learn control by copying
- our tolerance of their frustration's when trying to master new skills gives children the confidence to improve
- our humour can show children good ways to release pressure
- So if you're looking for ways to make children feel good, here are some age sensitive ways to focus on positives

BABIES	11/2-5YRS	6-11YRS	12+ YRS
smiling face	encouragement	encouragement	encouragement
encouragement	attention	attention	peer attention
cuddles	smiling face	adult approval	peer approval
stroking	hugs	peer approval	independence
talking	talk time	achieving	achieving
whispers	TV/video time	competency	approval
adult responses	pretend play	problem solving	public recognition
movement	reward successes	successes	respect
rhythm	problem – solving	respect	money
physical play	growing recognition	explanation	transportation
	smiley stickers	friendship	TV/video access
	bananas in pyjamas	one to one talk	group inclusion
	stickers	computer access	computer time
		TV/video access	internet access
			social competence

As a general rule we need positives to negatives at about a ratio of 9 to 1, so spend a day noticing everything your child does right and notice the difference!

G O L D E N

PARENTING TIPS

- Aim discipline at the action, we want to teach not torment
- Take it logical
- Make it sensible – a list of jobs on the fridge might help avoid silly acts of discipline when you're angry, and may help your workload too!
- Make it noticeable – some families become so negative and extra punishment becomes unnoticed
- Make it acceptable – If rules and penalties are clear and fair then the kids are more likely to accept the consequences
- Make it respectful – insulting or hitting just makes children think about revenge not remedy
- Make it consistent
- Make it reasonable – give a reason
- Make it private – public displays of discipline hurt the ego

SUGGESTED FURTHER READING

"COPI NG WI TH THE FAMI LY"

"WHO'D BE A PARENT!"

BY DR JOHN I RVI NE

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