

TOP PARENTING TIPS



Communication: This is the key to all relationships and can be vital in ensuring we get the best out of our children and that our children get the best out of us!

- **Praise, praise, praise!** Everybody likes to feel that they are a good person, that they are valued and that someone likes or loves them and children are no different, they require lots of this! Notice any positive things your child does, even putting their shoes on the first time you ask them! Tell your child what it is exactly that you like about them or what they have done and they will be more likely to do it again! When children hear you talking to other people about how great they are, this can also have a massive impact on their self esteem. This applies to teenagers as well!
- **Family Meetings!** These can be a useful time for everyone to discuss current situations within the family such as practical issues such as football matches clashing with birthday parties, school trips, sharing achievements or positive things. Try and schedule a regular slot that suits you all so that everyone knows they will have a chance to talk about things. This forum can be used to help with negotiating e.g. what time you expect your child home from a party or other social event. You can also talk about fun things to do together!
- **Reflection!** Take time at the end of each day, maybe at bedtime, to reflect on your day. Try and notice just **one positive thing** that your child did and one positive thing that you did, this ensures that you end your day on a positive note, no matter how difficult the rest of the day may have been!
- **The 4 C's!** Calm, consistent, confident and clear! Remembering these can ensure that arguments are minimised and the communication between you and your child is effective.
- **Timing!** Sometimes there is a time and a place to talk about certain things so try and recognise when people, including you, are tired, distracted or not feeling happy; this can be the difference between an argument and a calm conversation.

These tips are some ideas to support parents, to find out more about the work the council does to support local families, or for more information please go to www.centralbedfordshire.gov.uk/families

