

TOP PARENTING TIPS

Staying Strong: Being a parent can be a difficult task and it's important to remember all the things that can be done to help you remain strong.

- **Consistent!** Remember that children need to see that you mean what you say. If you set a rule, boundary, consequence or reward then make sure you stick to it, if it doesn't work as well as you hoped then don't worry, you can adapt it for next time.
- **Reflection!** Parenting is something that you will be learning all the time! You will need to change your approach as your children grow and change and looking at what went well and what didn't go well can help you in future.
- **The Perfect Parent!** THERE IS NO SUCH THING! Every parent makes mistakes, gets stressed or worries and that is OK. Parenting is trial and error and about learning from your experiences.
- **Ask for help!** Asking for support with something that you are finding difficult is a sign of strength, not of weakness! By working together as a team, whether that is with family or with professionals, you can ensure you are doing the best for your children.
- **Love!** You are part of a family and one thing that binds you is your love for each other. Sometimes it can be difficult to remember this but taking time for a hug or just telling each other that you love each other can help maintain your strength as a family.

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

