

If you are finding it difficult

- It is not easy to change the way you do things with your child
- Nobody gets it right **all** the time
- Try to make changes one at a time and see the difference!!



Other sources of help in Peterborough include:

Health visitor or GP

Children's Services Referral and Assessment
01733 864180

Out of hours: 01733 234724

Parentline Plus 0808 800 2222



The Good Parent's Job Description

HELP IS AT HAND

Taking a Positive Approach to Parenting



A Simple Guide to a Difficult Job

Being a parent is probably the most difficult job anyone can undertake – it can also be the most satisfying



You have some basic responsibilities to provide food, shelter and a safe environment for your child to grow up in but some extras will make a real difference



Here are a few simple rules to guide you through

- Praise – whenever you find the chance – it works wonders for your child’s confidence and self esteem
- Act as a positive role model –for example be truthful
- Respect your child’s individuality and within safe limits let them become their own person
- Encourage your child’s curiosity and learning – including answering endless questions!
- Be consistent – it really important that the rules stay the same otherwise it gets too confusing
- Spend quality time with your child – it costs a lot less than the latest gadget or fashion item
- If you need to discuss poor behaviour make sure your child knows it’s the behaviour you don’t like not him or her
- Supervise your child’s activities to ensure he or she is not watching (accessing) inappropriate material on TV or DVD or the internet. Research shows violent or otherwise unsuitable materials can have a harmful effect on children and can cause them to be scared or copy aggressive behaviour
- Establish a regular bedtime routine – enough sleep is important
- Try to eat healthily together as a family on a regular basis

