

## Top Tips for Effective Parenting

- Listen, Listen and Listen some more:
  - Give them a good listening to
  - Make sure they know that they have been heard – ask them
  - Do your best to see things from their point of view – put yourself in their shoes
  - If you can't hear them now – tell them when you can
- Spend regular quality time (with each child)
  - Read to them
  - Watch what toddlers do, and reflect what you see (tell them)
  - Play with building blocks, make play-doh or paper maché
  - Bake cakes or biscuits
  - Watch TV or a video and talk about it afterwards
  - Go swimming or football together
  - Ask them what they would like to do: show interest in what's important to them
- Say what you mean, and mean what you say:
  - Set clear boundaries
  - Only say 'no' if you mean 'no' – and don't go back on it
  - Do what you say you will do – don't go back on a promise
  - Say what you want, not what you don't
  - Give rewards and punishments immediately
- Look after your needs
  - You are better able to show your love when you feel your needs have been satisfied
  - Give yourself regular quality time with you: a bath, book, hobby
- Show your love:
  - Cuddle them
  - Tell them you love them
  - Show interest in what they're doing
  - Encourage them in what they want to achieve; empower them
  - Be gentle with any criticism: label behaviours, not the child
  - Make what is important to them – important to you
  - Be genuinely interested in their thoughts and feelings
  - Be on 'their side': unite against problems, rather than each other
  - Remember that you are the grown up – encourage them to take responsibility, but at the end of the day the buck stops with you, not them
  - Unconditional love: Don't make your love conditional on their behaviour
- Develop and encourage trust between you:
  - Be trustworthy and trust them as much as possible
  - Create a 'safe space', in which they can tell you anything without recrimination
  - Give them more responsibility as they get older
  - Involve them in problem-solving – ask them what they think would work and try it out