

How to make your child feel GOOD

- Notice improvements in your child - however small!
- Ask your child to help you sometimes - make them feel important
- Thank them for helping you
- Tell your child you have enjoyed being with them
- Praise your child in-front of other people
- Make time to listen to your child
- Include your child in decision making (but remember their age)
- Acknowledge your own mistakes - say sorry if necessary
- Compliment your child on their appearance/behaviour
- Help your child to think about ways to cope with difficult situations - show you care
- Occasionally do something to make child feel special - bake a cake, prepare a special meal, let them choose a favourite comic

Some Useful Contact Numbers:

Parentline:
0808 800 2222

Exploring Parenthood:
0208 960 1678

Parent Network:
0207 485 8535

NSPCC Child Protection Helpline:
0800 800500

Gingerbread (single parents):
0207 240 0953

Domestic Violence Women's Aid:
0117 963 3542



Hampshire
County Council



Behaviour Support Team

Working together to support children in school

Handy Hints for Parents



Handy Hints for Parents

- Focus on encouragement:
 - Look for effort rather than achievement

Make a point of encouraging your child once every day

- Make sure your expectations and boundaries are clear
 - Trust your child
 - Respect your child

Try to have realistic expectations of your child

- Give your child positive attention by making time to:
 - have fun together
 - listen and talk
 - give hugs and cuddles

Try to give your child 10 positives for every 1 negative

- Avoid the bait

Children want attention, and this is necessary for their development. However some behaviours are "attention seeking" - so avoid the bait

 - Try to ignore these behaviours unless they're dangerous
 - Make time for positive attention
 - Try to do this on occasions when they least expect it

Think about things you can do to help you ignore "attention seeking" behaviour

- Listening
 - Listen carefully to what your child expresses to you
 - Try to work out what your child is feeling

Take time to listen to your child's problems - try to remember that however small they seem to you they will be very significant to them

- Be consistent and clear
 - Always get your child's attention and get eye contact before you speak to them
 - Keep your instructions or requests simple
 - Use gestures when appropriate

But try to remember things take time and you haven't got a magic wand!

