

POSITIVE PARENTING WORKSHOP

Fun, interactive two-hour workshops to help you enjoy your children and deal with common parenting problems

POSITIVE PARENTING CAN HELP YOU...

- Build a positive relationship with your child
- Help your child develop to their full potential
- Use discipline strategies that work
- Take care of yourself as a parent

Parenting Workshop DEVELOPING GOOD BEDTIME ROUTINES

Brilliant ideas to help your child:

- Sleep in their own bed
- Go to sleep by themselves
- Stay in bed all night [for parents/carers of children aged 18 months-6 years]

"My daughter comes into our bed every night!"

"He thinks it's a game when I tell him to stop!"

"How can I get my son to sleep through the night?"

'My daughter needs me to cuddle her to sleep.'

"How do I stop my kids playing up when it's time for bed?"



PLACES LIMITED - BOOKING ESSENTIAL!

TOP 10 TIPS FOR PARENTS

1. ATTENTION

When your child wants to show you something, stop what you are doing and pay attention. Spend frequent, small amounts of time with your child doing something you both enjoy.

2. AFFECTION

Give your child lots of physical affection.

3. TALKING

Talk to your child about things he/she is interested in and tell your child about things that have happened to you today.

4. PRAISE

Give your child lots of descriptive praise when they do something you would like to see more of, e.g. "Well done for doing what I asked you straightaway".

5. INTERESTING ACTIVITIES

Children are more likely to misbehave when they are bored, so provide lots of engaging indoor and outdoor activities.

6. SET A GOOD EXAMPLE

Teach your child skills by first showing the skill yourself.



7. BOUNDARIES

Set clear limits on your child's behaviour. Sit down and discuss the rules. Let your child know what the consequences will be if they break the rules.

8. CONSEQUENCES

If your child misbehaves, stay calm and give them a clear instruction. Tell them what you would like them to do instead, e.g. "Stop fighting" or "Play nicely with each other". Praise your child if they stop. If they do not stop, follow through with an appropriate consequence.

9. BE REALISTIC

All children misbehave at times and you are bound to have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.

10. LOOK AFTER YOURSELF

It is difficult to be a calm, relaxed parent if you are stressed, anxious or depressed. Try to find time each week to let yourself unwind.

