



# Parents/ Carers



## When Parenting is going well family life may:

- Have good routines in place that are adhered to MOST of the time.
- Have children and parents that feel safe, secure and happy MOST of the time.
- See unwanted behaviour managed well and resolved without escalation MOST of the time.
- Children can access education easily.
- Parents and children can socialise freely
- See everyone's emotional wellbeing cared for and supported MOST of the time

## When Parenting is not going so well, family life may:

- Be chaotic, with disrupted routines leading to poor sleep, disorganised eating, playing and relaxing patterns.
- Be stressful, with parents and children feeling sad and angry a lot of the time.
- Involve a lot of shouting, arguing and unwanted behaviour.
- Stop a child being able to access education successfully
- Impact parents and children's ability to socialise and connect to the wider community.
- Have an impact on everyone's emotional wellbeing.

***"There is no such thing as being the perfect parent.  
So just be a real one" (Sue Atkins)***

***"Being a parent can  
be tough but just remember that in your child's eyes, nobody does  
it better than you" (Unknown)***

## Ideas:

- Look after yourself – if you are not ok, your child will not be ok. It is not selfish to practise self-care, it is essential for your well-being. Do things that 'fill your jug' e.g. a walk in the country, an uninterrupted bath.
- Talk to other parents – everyone has their hard times, and sharing can help.
- Talk to your child's school - they may be able to help, or refer you to someone who can, e.g. a Family Support Worker.
- Talk to your GP
- Consider having some family rules, so everyone knows what is expected of them.
- Try and get some good routines in place around sleeping, eating, exercising and playing. (See petals for specific ideas)
- More 'do's than don't's'. Try to ensure you are positively parenting your children by suggesting they do something, rather than keep telling them don't.



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## More Ideas:

- Try to notice and reward your child when they are behaving in a wanted way. Praise is magic! What you pay attention to, you get more of.
- Try to remember that behaviour is communication. If your child is behaving in an unwanted way, he/she is communicating something to you. Try to work out what this might be and offer to help. You could say something like "It looks like you've got some really big feelings, I am here, I want to help".
- Make sure that you spend some time with your child – even ten minutes a day doing something interactive with your child and led by them can really boost self-esteem and confidence.
- Try to introduce some affection into your day with your child – find out what they enjoy – a hug, tickle or high five.
- Keep communicating with all family members.
- Have fun together!

## **If you are co-parenting but not all living in the same house, there are some things that can help:**

- Have a clear timetable of who is collecting when and make sure your child knows and this is adhered to.
- Aim to have the same routines at both houses.
- Never put your child in the middle – ensure that you speak positively about the other parent to the child.
- If possible, keep open communication with your co-parent.

## Useful links:

<https://www.familylives.org.uk/>

<https://www.mind.org.uk/>

<https://www.youngminds.org.uk/>

Lots of useful advice on wellbeing, anxiety, sleep <https://hampshirecamhs.nhs.uk/>

<https://www.getselfhelp.co.uk/>

<https://www.familylinks.org.uk/resources-for-parents>

<https://relxkids.com/calm-pack>

<https://www.barnardos.org.uk/>