

NSPCC



Positive Parenting

What's Inside:

- Understanding your child's needs
- How can I set boundaries?
- Rewards and discipline.
- Keeping your cool.
- Building positive relationships.
- Who can I talk to?

Understanding Your Child's Needs

- Children's needs and behaviours change as they get older, and understanding these needs will help you better understand your child.
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- Lots has been written about the needs of children and advice for parents, and we cover some of the key areas here.
- If you'd like more detailed advice you can talk to the NSPCC helpline.

How Can I Set Boundaries?

- All children need love, guidance and to have rules and boundaries.
- Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK.
- The best way to go about this will vary based on your child's age and stage of development.
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- All children are different and develop and reach milestones at different rates.

Rewards And Discipline

- Different parents will have different views about the best ways to encourage children to change their behaviour.
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- While some younger children may respond well to reward charts and some older children may respond to the offer of being allowed to stay out a bit later, other children won't

Keeping Your Cool

- It's important to find ways to relieve your stress and manage your anger.
- Lots of things, not only your child's behaviour, can make us feel stressed
- Family relationships, managing a work-life balance, health, housing, unemployment and much more.
- You want to be the best parent you can but being stressed is stressful!

Building Positive Relationships

- If parent-child relationships become damaged, it can affect the way a child feels or behaves.
- Finding ways to show unconditional love and affection to your child is important
- This can be easier said than done, especially when you're tired or juggling different needs.

Who Can I Talk To?

- All parents can feel stressed or unsure from time to time, or just need someone to talk to.
- There are lots of places where you can get different kinds of help.
- We've put together a list of some of the different places you might find helpful, and you could also talk to your GP or health visitor.

We're Here For You 24/7

- If you have any questions or worries, feel free to get in touch with us. Our trained experts at the NSPCC helpline can listen to any worries you have about looking after your child, or any tough decisions you're facing.
- Reading this guide may have also made you think about other children. Contact us if you're worried about any aspect of their safety, and we can help.

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Call 0808 800 5000

Email help@nspcc.org.uk

Or talk to us online at nspcc.org.uk/help

