

the problem - not them. If something has gone wrong in the family, don't let your child think that it's their fault. Be alert to any unexplained changes in your child's behaviour. Spend time with them and be interested in their lives and worries. Do you know who your child's friends are? Be very careful about their access to the Internet and 'chat rooms'.

Positive Parenting & Self-Esteem

- Children and young people need to feel secure, loved and valued this is the basis of self-esteem and confidence
- Noticing and rewarding good behaviour is the best way of influencing your child's behaviour
- Be realistic about what you expect from your child
- Parents and carers need to work together and be consistent
- Listen to and talk to your child - it's good to talk!
- Do things together with your child that you both enjoy - have fun!
- Encourage discussion
- With younger children, set boundaries. Remember with teenagers to negotiate boundaries to keep a healthy relationship. Even if you only get a grunt, don't give up on communication.

Spanking

- Spanking does not teach children self-discipline
- Spanking gives attention to a child's bad behaviour
- Children learn best by paying attention to things they do well
- There are many positive alternatives to spanking
- Spanking teaches children to hurt others
- When self-discipline is taught, smacking becomes unnecessary

Sexual Health

- Be proactive in your approach by taking the initiative in raising the issues about sex and relationships
- Explain that sex is not compulsory and that saying no is an option
- Try not to give the message that sex is necessarily a problem. Be prepared to talk about sexuality, even if it seems difficult
- Try not to be judgmental, but don't be afraid to say if you think an activity may be unhealthy or could put your son or daughter at risk
- Your child will learn by example - they will learn your family's way of doing things based on your values, culture, faith and belief

Temper Tantrums

WHY TEMPER TANTRUMS HAPPEN: Tantrums may start around 18 months, are common around two years old and become much less common at four. Very young children are often not able to express themselves as much as they want to and their frustration may come out as a tantrum. Tantrums are especially likely to happen if a

WARNING SIGNS: It could happen anywhere, but watch out for a tired or hungry child in any situation when he or she wants something that you have said "No" to, especially when out shopping, or during a social event or a day out.

ACTION: Keep calm; consider whether your child needs food or rest. Give your child attention and if possible, find a quiet place or some way of

distracting his or her attention. Don't give-in, but do try to understand your child's feelings.

PREVENTION: Avoid long shopping trips or tiring days out. It often helps to give your child extra attention and affection. Try to foresee possible causes for tantrums in the day ahead and find ways to avoid them. Try to offer your child a choice or a positive way out. Be calm and understanding. Keep it simple and clear. Praise your child for calming down afterwards.

Young People in Trouble

WARNING SIGNS: There are many warning signs which might indicate something is wrong. Your child may come under the influence of negative group of friends; staying out late; new clothes or other items appear which cannot be explained; the use of drugs and alcohol.

ACTION: Raise your concerns with your child. Don't ignore the problem. Spending more time with your child in diversionary activity can be effective.

PREVENTION: Try to stay calm; all children break the rules from time to time, some more than others. Be consistent in what you say and do. If you do impose a sanction stick to it. It is important that you take an active interest in your children. Know who their friends are and how they are doing at school. If you suspect something is wrong do something sooner rather than later.



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SAFE PARENTING



YASHODA
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Your job as a parent or carer is one of the most challenging and rewarding roles there is. It is a job where often there is very little training to prepare parents for what lies ahead.

Who can I leave my child with?

When you leave your child in the care of someone else you are taking a risk with his or her safety and welfare. When considering a temporary carer for your child it is important that you choose someone with the abilities and high standards that you would expect of yourself. This includes someone who will make sure they are fed, changed, kept safe, given room to play, feel secure and can deal with difficulties which may occur.

How can I help my child?

Potty training

Your child is more likely to learn to control their bladder if you are relaxed and calm about it. Remember your child will learn at their own pace and praise rather than punishment will help. Between the ages of three and four years your child is likely to be dry during the day, with the occasional accident. Remember, this is often not an instant change but a gradual process where more and more nights will be dry nights.

Bedwetting

It is not easy to know why some children take longer to be dry at night than others. However, bedwetting is not due to laziness or lack of will power. Although this may be stressful for both you and your child, try not to lose your patience; it is rare for a child to wet or soil deliberately. If, after the age of seven, your child continually wets his bed, the problem may be caused by a number of factors. Talk to your child about it and reassure them that other older children experience this too. Discuss any concerns about your child with your GP, Health Visitor or School Nurse.

Sleeping difficulties

- There are many different reasons why babies and young children do not sleep through the night.
- Try to establish a sleep routine as early as six weeks if possible.
- Feel confident in yourself to know whether your child is really distressed or just restless.
- If your sleep is frequently disrupted by your child's restlessness, arrange for a trusted relative or friend to care for your baby or child so that you can get some sleep.

Establishing a routine

Many children and babies experience sleeping difficulties at some time. It is important to try to establish a regular night time sleep routine for your child. Prepare a warm, comfortable environment for them to relax in. Reading to your child at bedtime helps your child to unwind and relax. If your child is scared of the dark, try keeping a night light on. A few favorite toys in the bed will be a comfort if your child wakes up during the night. If you are concerned that your child has serious difficulty getting to sleep, or does not regularly sleep through the night, discuss your concerns with your GP, Health Visitor or School Nurse.

Building blocks to better behavior

- Parents have a vital job teaching their children how to be a good person.
- Young children want their parents' approval so childhood is a good time to teach them positive behavior.

- Use positive feedback to build up your child's self-esteem.
- When you praise your child, explain exactly why you're pleased with them.
- Children are happier if they have rules to follow.
- Use play to teach your child about good behavior too.

Bullying

- Children have the right not to be hurt
- Bullying behavior is unacceptable
- Bullying can happen to any child at any age
- Act immediately if you think your child is being bullied
- Children need ways to protect themselves and seek help
- Advise your child to run, yell and tell

Child Protection & Safeguarding

- Parents are responsible for their children's safety
- Social Services become involved once concern is shared
- Decisions about abuse need careful assessment
- Children are best cared for by their own families
- Professionals want to work in partnership with families
- Very few children are removed from home following abuse

Child Care

When you leave your child in the care of others, you might want to check that:

- Their needs are being met and respected.
- Their cultural background is recognised.
- They will be happy there.
- The atmosphere feels right.
- There is a settling in arrangement.
- A stable group of children attend so your child can make friends.
- Mealtimes are relaxed and fun.
- The outside area is well planned and spacious.
- Activities are varied and carefully planned.

Children with Disabilities

WARNING SIGNS: Some children's disabilities are diagnosed fairly early. Others take time to appear or happen suddenly. If you think your child may have some form of disability, contact your health visitor or GP for advice.

ACTION: Don't think you have to go it alone. Get as much information as you can about your child's condition. Find out what services, support, benefits and advice is available and make contact.

PREVENTION: You can't prevent your child's condition. But you can minimize the disability they experience by ensuring that they get the best support available, and by remembering that they have rights.

Domestic Abuse

- Domestic abuse teaches children to use violence or abuse
- Domestic abuse can affect children in serious and long-lasting ways
- Where there is domestic abuse there is often child abuse
- Children will often blame themselves for domestic abuse

- Alcohol misuse is very common when domestic abuse occurs, as a contributing factor and as a survival mechanism
- Pregnant women are more vulnerable to domestic abuse

Drug Alcohol & Substance Misuse

WARNING SIGNS: In general terms if your child's appearance, behavior or financial situation changes dramatically you should include drug and alcohol use in your list of "I wonder if drug, alcohol and substance misuse" questions.

ACTION: Observe and talk to your child if you are worried. In an emergency contact an ambulance immediately. If your child is not in immediate danger talk with them about their drug, alcohol or substance misuse at another time when they are not using.

PREVENTION: Use every opportunity to discuss substance, drink or alcohol misuse when any of these are mentioned in a television programme. You can give accurate information regarding the risks of drug use at an early age.

Equality & Diversity

WARNING SIGNS: Children notice difference all the time, in everything in everyone, everywhere. They need to know diversity is important, that equality is everyone's right, and that difference should not be met with hostility, suspicion, envy or fear.

ACTION: You should expect every setting your child is in to have made a visible commitment to equality and diversity. All should listen and act immediately if something happens or you have worries

PREVENTION: All parents have a right to expect a safe environment and support for their child whatever their individual needs, experiences or background. Schools are becoming more inclusive with diversity and equality expected in all areas of school life.

Internet Safety

WARNING SIGNS: Prolonged, secretive periods on the Internet, changes in behaviour or mood, inappropriate sexual behaviour, asking questions about sexual experiences or terminology, leaving pornographic material, diaries or letters where they can be found.

ACTION: If you think your child has been exposed to any form of exploitation encourage them to confide in you, assuring them that they've done nothing wrong and that you will support them. Contact child protection, youth services, child abuse or other appropriate organisations for further advice and support

PREVENTION: Know where your child is; be familiar with their friends and daily activities. Teach your child to trust their own feelings and assure them that they have a right to say NO to what they sense is wrong. Listen carefully to your child's fears and be supportive.

Missing

WARNING SIGNS: There may be none but does your child seem to be unhappy? Are you sure that they are not truanting from school? Has anything happened in the family that you haven't talked to your child about?

ACTION: If you think your child might be skipping school, talk to the school. Contact the police if your child goes missing and you don't know where they have gone.

PREVENTION: Make sure that your child knows how important they are to you. When you have to tell your child off, tell them that it's their behaviour that's