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TIPS FOR BEING A NURTURING PARENT

Being a parent is the most important role you can ever have.

Children need to feel loved and treasured in order to develop to their full potential. Children learn by example; they learn by watching what you say and do all the time, every day.

- Tell them regularly that they are special, loved and wanted.
- Make sure you hug and cuddle often.
- Choose your words with care when disciplining your child; children need love, even when they misbehave.

What you say to your children can determine how they feel about themselves, and how they feel about you. Children tend to believe what their parents or carers tell them; if the words are hurtful, they may develop low self-esteem.

When they misbehave remember to tell them it is the behaviour you do not like; criticise the behaviour, not the child. Make sure your child knows that bad behaviour won't mean loss of your love even for a little while.

Harsh, hurtful, abusive words can have very negative effects, and can result in children believing they are useless, no good and will never amount to anything.

Children learn right from wrong by copying; if you hit them, they 'll think it is okay to hit too.

Be constructive in your criticism; talk to children about how they could do things differently.

Show children what they should do – not just what they shouldn't.

It is easier as parents to see the bad behaviour, and not notice the good behaviour. Learn to look for good behaviour and let your child know how pleased you are.

Let them know when they do things well by using encouraging words.

Praise their smallest achievements.

Acknowledge, and respect their talents.

p 02 9327 7750

a PO Box 928, Double Bay NSW 1360

e info@circlesoflearning.org.au

w www.circlesoflearning.org.au

Make time for your children, find out what is happening in their lives, how they feel, what they think. Help them feel heard and understood.

Take time to have fun together and get to know more about your child.

Let them know you are available to talk with them about their feelings and worries.

Encourage children to share their feelings, and share your feelings with them too.

Stop what you are doing and listen when your child talks to you; respect and acknowledge their feelings. These actions give powerful messages to children about how important they are to you. Children think some amazing thoughts. If your child knows you will listen, you are more likely to find out what is going on.

Try to address any stress in the family. Children are sensitive to adult tension and may misbehave as a result.

Remember to use words that HELP not hurt.

TELL CHILDREN YOU LOVE THEM – THEY NEED TO KNOW THAT!

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