

Tips For Parents

Have fun with your child, laugh and be silly together.

Read Together...read stories and make up stories every day.

Learn lots of ideas to keep kids playing creatively. Busy, interested kids are happier than bored kids.

Praise generously by describing their good, creative, interesting, fun and clever deeds & qualities.

Aim to give at least 6 positive comments to every 'No' or "don't".

Keep your 'No's and 'Don't's to a minimum...save them for what's really important, like keeping everyone safe.

Sing together... when you are driving, when you are busy around the house.

Tell your kids how much you love them every day.

Talk together...use action & feeling & describing words as well as names of things.

Create a bedtime routine that is comforting & soothing preparation for sleep.

Cuddle your kids every day.

Involve your kids in solving the minor problems.

Be kind to yourself. And take some time out!