**Our Parenting Tips**

**Helpful things to do:**

* Stay calm - give yourself the space you need. It could be a moment of prayer, a deep breath, time in another room if the children are safe for you to step away for a moment, push against a wall.
* Family time - Going on picnics, Cooking together
* Going on dates with the children – one to one time
* Be active - Sport
* Support friendships - Tea parties with friends
* Listen and hear your children out
* Give them praise
* Keep your boundary so they understand when we say no
* Explain to them things go both ways – I listen to you, you need to listen to me.
* If they’ve done something wrong listen to them

**Helpful phrases:**

* ‘In this family we…’ It could be listen to each other, use kind hands, speak kindly
* ‘You are angry. That’s ok, but we don’t hit’ Ok the feeling not the action
* ‘If you’re angry you could find some space or have a cuddle. What do you need?’ Give options of a positive way to show the feeling
* ‘You can’t have that treat now but you could have it after dinner’ ‘You can go to the park after we have tidied up’ ‘I don’t have money for that snack today but let’s see what we have for a snack when we get home’ Give option.