



# PARENTING FACTSHEET

This factsheet will provide you with helpful hints and tips along with links and websites for you about parenting.

## TOP TIPS ABOUT PARENTING:

Being a parent is one of the most important jobs that anyone does during their life. Despite this, there is very little training offered to complete this difficult task. All parents can come under pressure or stress from time to time.

**Tip 1:** Don't be afraid to apologise if you have acted unfairly. Children learn to say sorry by your example.

**Tip 2:** Be tough minded but kind hearted. Don't protect your children from the consequences of their actions. They need to learn from their experiences.

**Tip 3:** Turn off the television and electronic devices. Don't be tempted to use it as a baby sitter. Read them a story, go for a walk or play a game with them instead.

**Tip 4:** Spend some time together doing things you both like to do.

**Tip 5:** Don't reward everything or go 'over the top'. Keep praise it short, clear and meaningful.

**Tip 6:** Keep talking and listening to your child even if it feels like a challenge. Start listening from an early age and set a pattern for life.

**Tip 7:** Be a role model and don't do things that you wouldn't want your children to do.

**Tip 8:** Make time and look after yourself. Take a step back.

## **VISIT THESE USEFUL WEBSITES**

### **E-school Nurse Service**

<https://www.cumbria.gov.uk/ph5to19/contact.asp> twice weekly online health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old. You can telephone for an appointment 01228 603973 Mon-Fri 8-4pm.

### **Public Health 5-19 Service**

<https://www.cumbria.gov.uk/ph5to19/> advice and support on many childhood health and development issues

### **Care for the Family**

<https://www.careforthefamily.org.uk/family-life/parent-support> Information to provide parenting support.

### **Family Lives**

[www.familylives.org.uk](http://www.familylives.org.uk) Includes advice on all ages.

### **NSPCC**

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/positive-parenting.pdf>  
Positive Parenting leaflet from the NSPCC.

### **Gingerbread**

<https://gingerbread.org.uk/> Advice for single parents.

### **Relate**

<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting> parenting advice from Relate.