

Want to find out more?



TIP SHEET
FOR PARENTS OF **3-11** YEAR OLDS

HELPLINES & WEBSITES

- **Manchester Children's Information Service**
0800 083 7921
www.manchester.gov.uk/children/parents
– for copies of tip sheets and other leaflets, parenting courses and local services/events
- **Parentlineplus**
0808 800 2222
www.parentlineplus.org.uk
- www.bbc.co.uk/parenting
- **Young Minds**
0800 0182138
www.youngminds.org.uk



Visit your local library for more information and access to the internet

For more information and support, you could try talking to your:

- CHILD'S TEACHER
- SCHOOL NURSE
- GP



Some Manchester schools use SEAL to build emotional skills - ask schools for details



In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents

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विरुध वत्ते 'चिलडरनर चिलडरनेशन
नरसिं हू 0800 083 7921 वे सैर वत्ते

للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدائرة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo
af Soomaali ah faadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ ایملٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے

لصفا برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0600 083 7921 تماس بگیرید

如欲索取這傳單的中文版，請發電 0800 083 7921 聯繫兒童資訊服務

বাংলায় এই নিবন্ধটির একটি কপি রক্ত করা করে, নিম্নোক্ত কলমে বাচ্চাদের ডায়েরি সজিয়ে
0800 083 7921 এই নম্বরে।

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* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.

Helping your child to be happy



As your child grows up, they become more independent, but they need your love and care as much as ever.

Friends, teachers and other people become important to them.

But parents are still the most important

people in a child's life! They love having your company and attention.

They need your praise and want you to be proud of them.

Their security depends on you – they need parents they can rely on.



The closer you are to your child now, the better things will be for you and for them when they are teenagers.

KEEP IN TOUCH!

Give your kids attention. **Listen** to what they say – don't dismiss their feelings and opinions.

As they grow up they'll tell you more of what they feel. You can help them **understand** their own moods and worries.

Reassure them that it's alright to feel sad, angry or scared sometimes.

Carry on giving them plenty of **hugs** and physical affection as they get older.

BE A GOOD ROLE MODEL

Children look up to you and **copy** your behaviour.

When parents fight, get angry or blame others for their problems, children **learn** to do the same.

When parents take responsibility, value themselves and are kind to other people, children learn to do the same.

Show them how to deal with difficult feelings. If you are in a bad mood, tell them why.

Say **sorry** if you treat them unkindly or unfairly.

Get **help** with problems. Show your children you can change and deal with things.

Just **try** and do the best you can.



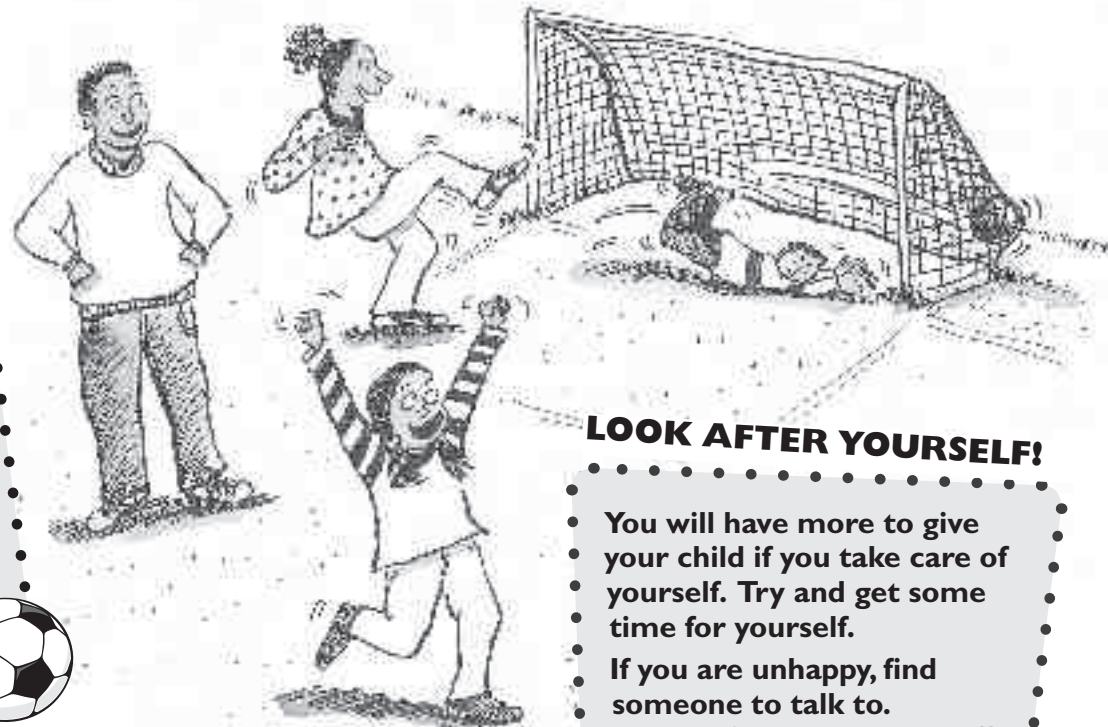
MAKE TIME TO HAVE FUN

● If you go out to work, make time to be with your children when you are at home.

● Don't wear yourself out doing everything for them – helping with household chores gives them confidence.

● Find places and things you enjoy together – shared experiences and memories make close families.

● Children want your attention because you are special to them – enjoy it!



LOOK AFTER YOURSELF!

● You will have more to give your child if you take care of yourself. Try and get some time for yourself.

● If you are unhappy, find someone to talk to. Depression can cut you off from your children.

● Using alcohol or other drugs changes your mood and behaviour – and can upset your child.

PROBLEMS AND CHANGES

Every family goes through problems and changes which can't be helped – but you can help your child understand and deal with their feelings.

Things which are likely to make children unhappy or worried:

- illness or death in the family
- parents separating
- family or friends leaving
- stress or arguments in the family
- moving house
- starting or moving school
- parent having a new partner



If you are worried about your child, talk to someone - see back page for people who can help

REMEMBER!

Children –

- can't always tell you what they feel
- get frightened by things they don't understand
- blame themselves for things happening around them

Notice signs of unhappiness:

- being extra quiet
- arguing or getting angry
- behaving worse than usual
- stealing or telling lies
- being 'clingy' or frightened
- spending time alone
- acting young for their age



HOW YOU CAN HELP:

Let them talk about their feelings
Give them extra hugs, affection and praise

Don't expect too much of them
Don't criticise them for 'babyish' behaviour

Be as honest as possible about what's happening

Reassure them and help them feel safe