

For more help or advice...



This leaflet has been produced as part of **Manchester's Parenting Strategy**. For **further information** on books, videos, helplines, parenting courses and other support, **visit your local library**, or contact:

- **Children's Information Service**
Freephone 0800 0837921
- **www.manchester.gov.uk**
(click on parents for local information)
- **Parentline Plus 24-hour Helpline**
Freephone: 0808 800 2222
www.parentlineplus.org.uk



In this leaflet, the term '**parent**' means anyone who looks after children as a parent does. This could be a **grandparent, other relative, or foster carer** as well as a father or mother.

You could also try talking to your:

- **HEALTH VISITOR**
- **GP**

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

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان (Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 **0800 083 7921** 聯絡兒童資訊服務

বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে 0800 083 7921 এই নম্বরে।

اگر آپ کو یہ لیفلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 00837921

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

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NHS



MANCHESTER
CITY COUNCIL



Being a **parent** or **carer** is one of the most **important jobs** in the world, and is sometimes one of the **hardest**.



Parents

Make A Difference

in Manchester

Manchester City Council and its partners are working to **support children** and **families** in Manchester.

We know that **good parenting** gives children a **great start** in life.

It helps children to be **happy, healthy,** and achieve their full **potential**.

LEAFLET
FOR
0-3
YEAR OLDS

Bringing up babies and young children can be rewarding, but hard work

We've talked to Manchester parents and carers about what makes a good parent. Most people agreed that good parents are **LOVING, FIRM** and **CONSISTENT** and that good parenting in the early years includes:

Giving babies and young children love and attention

Keeping them safe and healthy

Praising their efforts and good behaviour

Talking to and playing with them

Many parents/carers need a little extra help sometimes, which maybe from friends, family or professionals.

And many parents/carers have found parenting workshops and courses are an enjoyable and friendly way to meet other parents/carers and find out about tried and tested ways to:

- Build a warm and loving relationship with your child
- Spend quality time together
- Help them learn
- Manage children's behaviour without shouting or smacking



Good ideas



Here are some ideas which parents of babies and young children have found to be useful;

- Young children need lots of **CUDDLES, KISSES** and **TALKING**. The first sound your baby recognises is your voice. Talk to them constantly throughout the day – even before you think they understand.
- Nursery rhymes, singing and copying noises all help babies **LEARN**.
- Babies and young children learn through play and everyday experiences. Turn off the TV every day, get down on the floor and **ENJOY PLAYING** with them.
- Young children thrive on **ROUTINE** and **CLEAR RULES**. A regular bedtime is especially helpful – they get enough sleep, you get time to yourself, and they experience consistent, loving, but firm “family rules”.
- Babies and very young children aren't deliberately naughty, but are often difficult if they are tired or hungry. They are easily bored and thrive on attention. **PLAN AHEAD** e.g. take toys for a long wait, feed them before you go shopping.
- Build their **CONFIDENCE** by letting them help – put the washing in or wipe the table. Let them make small choices, such as which toy to play with.
- Young children need to let off steam – **ACTIVE PLAY** every day helps learning and development, as well as behaviour.

