

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:

- **CHILD'S TEACHER**
- **SCHOOL NURSE**
- **GP**

Si aad ku hesho nusqada warqad yarahan iyadoo af Soomaali ah fadlan 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 কপির জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে 0800 083 7921 এই নম্বরে।

اگر آپ کو ریفلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروس کو 0800 083 7921

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

ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ
ਵਿਵਾਹ ਕਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਇਨਫੋਮੇਸ਼ਨ
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

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
PARENTS OF
3-11
YEAR OLDS

Bringing up 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 includes:

Giving children love and attention

Keeping them safe and healthy

Teaching them right from wrong and giving clear rules to live by

Making sure they go to school every day and helping them learn

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 to learn and do well at school
- Manage children's behaviour without shouting or smacking



Good ideas



Here are some ideas which parents of primary school age children have found to be useful;

- TRY to find things you **ENJOY** doing together – children will like your company and attention
- NOTICE and **PRAISE** good behaviour – don't only pay attention when they get it wrong
- BE **FIRM** about the rules which really matter and don't worry too much about little things
- Build their **SELF ESTEEM** by listening and being interested in what they do
- Build **CONFIDENCE** by letting them help with everyday jobs
- EVERYONE gets **STRESSED** sometimes – try not to take it out on your child
- **TALK** to other parents and get **SUPPORT** for yourself if you need it
- CHILDREN need to let off steam – some **EXERCISE** every day can really help
- CUTTING down on **JUNK FOOD** and getting **REGULAR SLEEP** helps keep children happy and reduces bad behaviour



- TRY to get **INVOLVED** in your child's school – get to know the teachers, help on a classroom trip or go to a meeting with other parents

