

Want to find out more?

PARENTING HELPLINES & WEBSITES

- Manchester Children's Information Service
0800 083 7921
www.manchester.gov.uk
- Parentlineplus
0808 800 2222
www.parentlineplus.org.uk
- www.bbc.co.uk/parenting



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

ENVIRONMENT INFORMATION

- www.energysavingtrust.org.uk
- www.challengemanchester.co.uk
- www.manchester.gov.uk
(look under Environment or Leisure)
- for more info on Manchester City Council's work email:
campaigns.team@manchester.gov.uk



TIP SHEET
FOR PARENTS OF **0-16** YEAR OLDS

Helping your child to care for the environment



Children copy what you do.
You are their most important role model.

If you look after the place where you live, so will your children.

When you teach them to eat fresh food and take exercise outside, you are helping them to be healthy and happy.

You don't have to do everything at once.

Make one or two changes that work for you and your family. Enjoy doing something different together.

It's your world – taking care of it is taking care of yourself and your children too.

ਇਸ ਪਤਰ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ
ਵਿਰਧਾ ਕਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਇਨਫਰਮੇਸ਼ਨ
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 'ਤੇ ਫੋਨ ਕਰੋ

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 fadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

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

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।

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Primary Care Trust

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

What you can do - Out & About

BIN IT!

If you drop litter and leave mess behind you, so will your children. Show them what to do with rubbish – put it in the nearest bin or take it home.



GO TO THE PARK

Children love trips out with parents – and fresh air is good for all of you.

Go out as often as you can. Use your local park, nature area or playground. Take a picnic if the sun's shining – or waterproofs and wellies if it's wet!

USE YOUR FEET

Make time to walk to school if you can. You and your child get exercise – and time to talk.

The more they walk and learn about traffic, the safer they'll be on the road as they get older.



LOVE YOUR OLD BAGS!

Always take bags with you to the shops. You can re-use old plastic bags or carry a sports bag, rucksack or cloth bag.

Give your child a special bag of their own – so they can help carry the shopping!

GET INVOLVED

Find out what your child is learning about the environment in school.

Join in with 'green' events at school or outdoor activities for families in your area.

What you can do - At Home

GROW YOUR OWN

Try growing something to eat. It could be herbs on a windowsill, tomatoes in a grow-bag or strawberries in hanging baskets.

Your children will learn from watching things grow – and you'll be giving them a really fresh treat to eat.

COOK AND EAT TOGETHER

Cook a meal from fresh ingredients at least once a week – and eat together as a family.

Get your child to help – even when they're young. Cooking with you boosts their confidence and helps them learn.

SAVE WATER

When your child cleans their teeth, show them how to turn the tap off in between rinsing their mouths and brushing.

RECYCLE MORE – THROW AWAY LESS

Get your child to help sort rubbish for recycling. Use the bins provided by the Council and take things to recycling centres. Re-use bags and containers if you can.

IF YOU SMOKE...

Don't do it in front of your children – you could try going outside to smoke. Put cigarettes out properly and don't drop the butts in the street.

Fit a smoke alarm if you don't have one already.

SAVE ELECTRICITY – AND MONEY!

Replace light bulbs with energy saving ones when you can. They cost more to buy, but they last for years and use less electricity.

Turn off appliances (TV, phone chargers, hi-fi) at the wall. They still use electricity when they're on standby.

