

Giving your child the best start in life

How can I give my child confidence and security?

- Parents are the most influential role models children are likely to have.
- Parents who pay compliments and show respect, kindness, honesty, friendliness, hospitality and generosity to their children will encourage them to behave in the same way.
- Your knowledge of how to bring up your child usually comes from your surroundings and your own upbringing. Sometimes you will want to treat your children in a different way from the way you were treated as a child.
- Your child learns from what you say and do that some kinds of behaviour are acceptable and others are not. Setting expectations for children's behaviour helps them to learn how to behave in wider society. Giving children an example of what you DO want them to do helps them to understand your expectations.
- Try to arrange a time each day, such as during breakfast or dinner, when the entire family can be together. Fixed routines are important for children.
- If your child wants to talk or ask questions, encourage them, listen to them and take them seriously. If you are not interested or always say you are too busy, they may express frustration and stop wanting to share their thoughts and feelings.

Useful websites

www.netdoctor.co.uk
www.harrow.gov.uk/cis