

## *Living life as a positive parent*

*There are many words to describe being a parent. There's the unconditional all encompassing love for your children; the pride you feel as they learn and grow; the challenges of friendships and school, the constant worry and the sleepless nights!*

With many parenting hurdles to overcome, how do we *communicate* so children understand, how do we *discipline* at the right level, how do we give children *confidence*, how do we show we *love* them and how do we manage a household with *less yelling and fighting*?

Here's **5 Top Tips** from *Anne Denny* on being a **positive parent** and maintaining a **close, loving relationship** with our children, as individual as they are.

- ◆ **Positive communication**

Support your child by listening to their opinions as a member of your family and by explaining your family values

- ◆ **Positive discipline**

Focus your child on what they do right by rewarding them; have clear rules about naughty or unsafe behaviour with a consistent consequence system

- ◆ **Positive confidence**

Motivate your child to cooperate and become more considerate by giving them descriptive praise when they get things right

- ◆ **Positive love**

Help your child manage their feelings by talking about excitability, frustration and anger so they develop a close bond with you

- ◆ **Positive calm**

Structure your life so that when children challenge you can access your skills in keeping calm. Also, understand the developmental stages and temperament of your child to see whether your expectations are realistic.

Parenting skills can be learned and just like everything else the more we practice the better we can be!

*Anne Denny runs courses for parents, nannies and people with children in their lives.*

*Next 10 week course starts: 12<sup>th</sup> September, 09:30-11:30 at The Little Gym, Hampton Hill.*

*Specific parenting issues can be via private appointment.*

*Anne is a Certified SleepTalk™ Trainer and Parent Practice Educator, she is also a practising psychotherapist. Read more at [www.SleepTalkLondon.com](http://www.SleepTalkLondon.com)*

*Anne holds membership of several professional bodies and an Enhanced CRB Check.*

*For information please Contact Anne on 020 8707 2546 Or 0770 751 6458 .*