

# Arta Runika

My Positive Parenting Story

# Introduction



- Hello my name is Arta and this is my son Emmett
- We live in Limerick.
- He will be 3 years old in August 2017.
- I am single mom and I am originally from Latvia.
- Emmett was born 3 weeks early. Surprise !!!!

# What does Positive Parenting mean to me and my family?

- Bonding Time
- Loving Time
- Playfulness
- Fun

# How has Positive Parenting helped my family to be healthy and happy?

- I'm more open
  - Connecting with other people
  - A strong social structure
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- It's good for Emmett too
  - He makes friends
  - Builds self esteem

# My Positive Parenting message that I would like to share.....

- Stay calm with a positive attitude
  - Listen
  - Breathe
  - Listen
  - Follow your child's lead sometimes too.
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- All of this will benefit both you and your child.
  - Positive Parenting benefits the whole family.

# Positive Parenting – How it Began

- In hospital was asked if I would like community mother??

**Ohh Yes Please!!**

- I now had:
  - Support
  - Information
  - Encouragement



# Positive Parenting Supports



- Support in breastfeeding and group.



# Positive Parenting Supports

- Baby massage x 2
- Baby and toddler group in Henry St.
- Baby incredible years programme
- Don't be afraid say yes, I need help.





# My Bi Lingual Baby



- Emmett hears and understands 3 languages.
- I speak :
- Latvian
- English
- Russian

# Positive Parenting Supports



- PCHP parent and child home visiting programme. (Early Learning Initiative, NCI)
- Baby and toddler group in Garryowen

# Community Supports

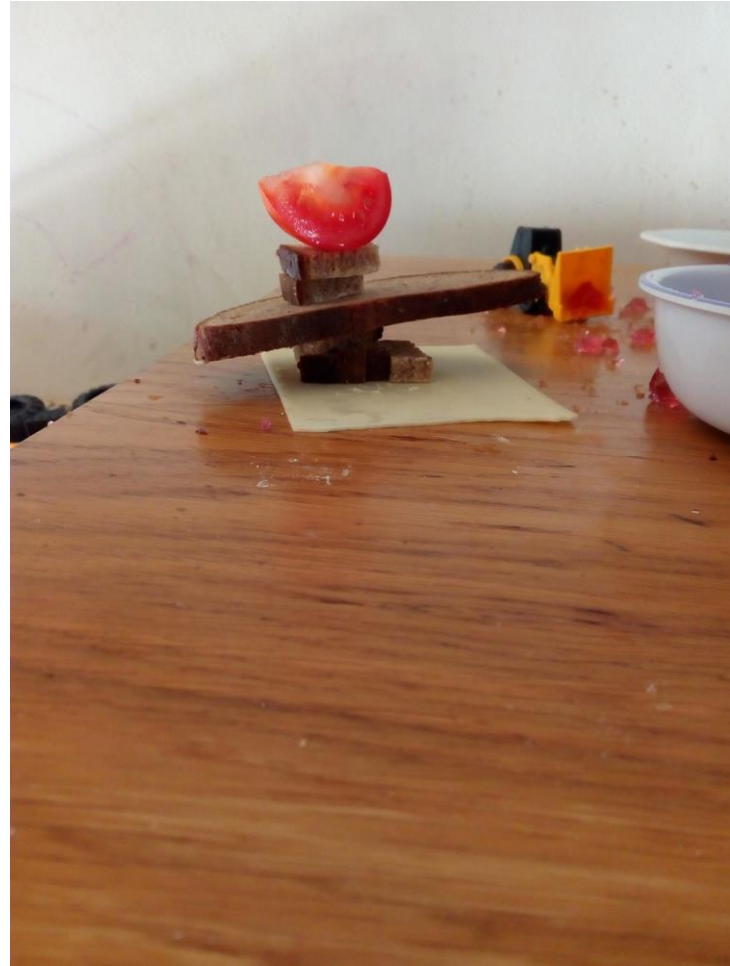


LOVE  
PARENTING

Parenting  
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# My Independent Chef



# Promoting Positive Parenting

- Positive Parenting has so many benefits
- I've trained and now co facilitate as a gentle touch reflexology instructor



Thank you