



# REWARD CHART

I WILL.....

MON TUE WED THUR FRI SAT SUN TOTAL


## Remember!

Treats don't have to be food or bought items - games, activities and hugs are just as rewarding for children.

WHEN I HAVE  TICKS I WILL GET A TREAT.  
FOR MY TREAT, I WOULD LIKE...



# SEVEN KEY MESSAGES FOR PARENTS

## PARENT/CHILD RELATIONSHIP IS KEY



Doing some of the following activities together daily will help you to develop a good relationship with your child:

- Reading;
- Play;
- Go for walks;
- Learn about colours;
- Play number games;
- Go to the supermarket together;
- Talk together;
- Listen and make music together.

## BABY SEE, BABY DO



- Children will often copy what we say and do so remember this when speaking with neighbours/friends or people in shops/services.
- Avoid talking negatively about people in front of your children.
- If your child talks to you about someone who caused harm, discuss this with them without assigning blame but discussing the reasons why they did what they did and impact this would have had on the 'victim'.
- Avoid using bad language in front of your child.

## NAME IT AND TAME IT



- Be aware of your own emotional state and share your feelings with your child where appropriate.
- Have patience and give children time to share their feelings when they are ready.
- Doing is Soothing: Children are sometimes more likely to share something that is bothering them when they are doing something else like: playing and eating; when you are out for a walk together; when you are driving in the car together.

## PARENTS NEED GOOD SOCIAL NETWORKS



Connecting with parents similar to your self can be a great support:

- Get involved in local groups and clubs for example a Parent and Toddler group or Foróige for older children.
- Go to the local park with your child or places where families walk and play.
- Visit your local library.
- Check out the local Crèche and Preschool facilities.
- Get involved in your local National School Parents' Council or other parent groups.
- See if there is a local Family Support/Resource Centre.

## BUY WELL, BE WELL, EAT WELL



- Tune into your child's eating habits and preferences.
- Introduce new foods gradually to your child.
- Try to agree with your child about trying new foods.

## SAFETY FIRST



Think safety:

- At home;
- Online;
- In water;
- Rules of the Road.

## POSITIVE PARENTING WORKS



- Be consistent and avoid idle threats.
- Reward desirable behaviour.
- Be genuinely interested in what your child is saying, doing, thinking and feeling.
- Provide Structure.
- Be Positive.
- Be Specific.

For further information on what works best for children and families at different stages of childhood and in different situations go to [www.parenting24seven.ie](http://www.parenting24seven.ie)