

# Yemisi Ojo (Yemi)

## My Positive Parenting Story



# Introduction

- My name is Yemisi Ojo.
- Equally a Nigerian and Irish Citizen.
- My role in New Communities is supporting parents with positive parenting from my own experience. I am a mum to three teenagers!!
- Positive Parenting has an impact on the lives of parents who are facing challenges in their role as a parent.

# What does Positive Parenting Mean to Me and My Family?

- Communication
- Listening
- Celebration
- Combination of what works well and finding solutions to what doesn't work well.

# How has Positive Parenting helped my Family to be Healthy and Happy?

- Love
- Respect
- Trust
- Closer

# My Positive Parenting Message that I would like to Share....

- Positive Parenting doesn't have a beginning or an ending, it's challenging yet fulfilling.
- Positive Parenting is Possible.
- You are not a failure and it's ok to get help when you need it.
- Seeking Support is a strength and not a weakness.

# MY LIFE & I

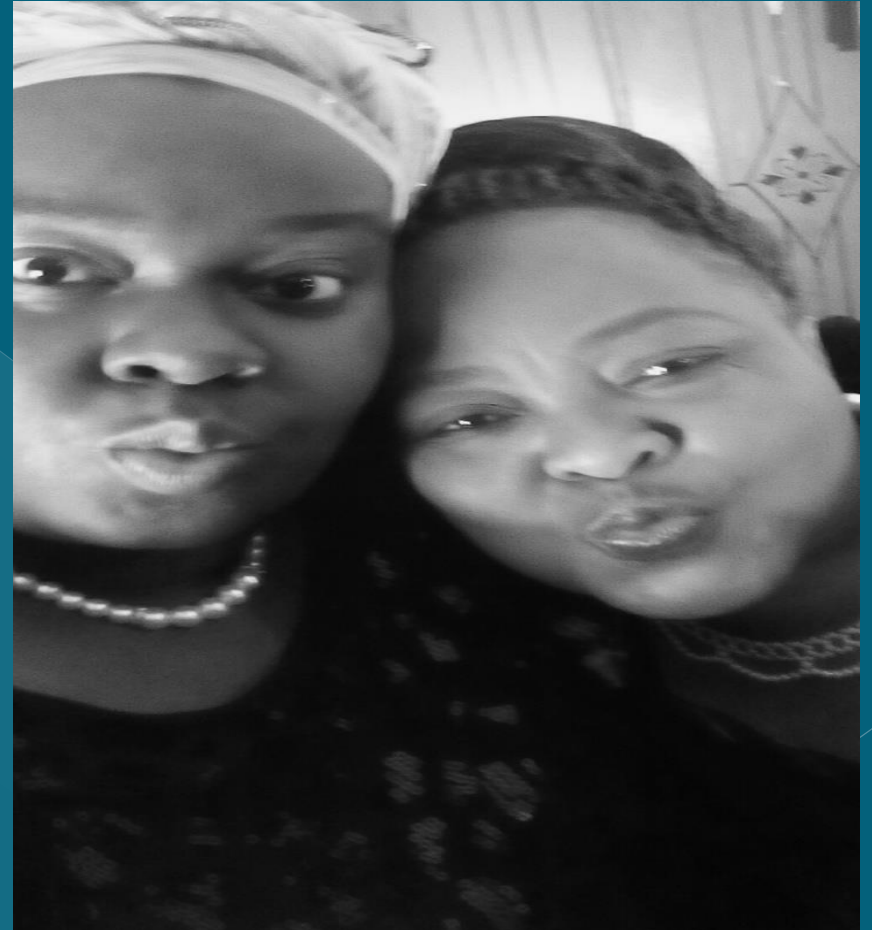




# ME & MY GUYS



# ME & MY GALS





My perspective on Positive Parenting revolves around **LEARNING**. Learning is continuous, we learn everyday as parents and human beings.

**Love**

**Education**

**Appreciate**

**Respect**

**Nurture**

**Natural**

**Interest**

**Good Time**

# Love

- Show it
- Say it
- Practice it
- Act it
- Set SMART boundaries
- Make children feel safe
- Understanding

# Educate

- Parents are the 1<sup>st</sup> teacher
- Education brings:
  - Awareness
  - Knowledge
  - Independence
- Educate your children about:
  - Respect
  - Good Manners

# Appreciate

- By appreciating our children we build:
  - Self esteem
  - Motivation
- How do we appreciate?
  - Praising
  - Hugs and Kisses

# Respect

- Respect is reciprocal
- It's important we respect our children
- Respect includes:
  - Good communication
  - Listening without interruption or sentiment

# Nurture

- Nurture your child with the right ingredients:
  - Love
  - Praise
  - Set boundaries
  - Be a democratic parent

# Interest

- Show interest in your child.
- It boosts:
  - Self esteem
  - Builds the relationship between you and your child.

# Natural

- Let children be themselves
- If they make a mistake it's not the end of the world.
- Support and guide them

# Good Time

- Celebration
- Have a good time together
- Give our children a real input into what we can do as a family, such as vacation, outing etc



# Conclusion

I will like to appreciate everyone for listening to my presentation and I hope you've been able to learn one or two things, and I thank TUSLA for the opportunity.

**THANK YOU  
GARA MA HOGOT**