



# Westfield Nursery School 'Parenting'

Please find below some ideas to support your parenting.

## **Staying strong:**

Being a parent can be a difficult task and it's important to remember all the things that can be done to help you remain strong.



### ✓ **Consistent**

Remember that children need to see that you mean what you say. If you set a rule, boundary, consequence or reward then make sure you stick to it. If it doesn't work as well as you hoped then don't worry, you can adapt it for next time.



### ✓ **Reflection**

Parenting is something that you will be learning all the time! You will need to change your approach as your children grow and change and looking at what went well and what didn't go well can help you in the future.



### ✓ **The Perfect Parent**

THERE IS NO SUCH THING! Every parent makes mistakes, gets stressed or worries and that is ok. Parenting is trial and error and about learning from your experience.



### ✓ **Ask for help**

Asking for help with something that is difficult is a sign of strength, not weakness. By working together as a team, whether that is with family, friends or professionals, you can ensure you are doing your best for you children.



### ✓ **Love**

Sometimes a hug or telling someone you love them can help maintain your strength. Being part of Westfield Nursery School community makes you part of our family. Please let us know if there is anything we can do to help.





## Keeping Safe:

We all want to make sure our children stay safe; think about some simple steps you can take.



### ✓ Home safety

Window locks, plug covers and stair gates may all play a part.

Please keep

- cleaning products out of reach of children.
- batteries and magnets out of reach of children.
- medicines out of reach of children.
- alcohol (and other drugs) out of reach of children.
- blind cords tied up.



### ✓ Internet

Check your internet privacy settings. Young children should be supervised whilst online. Young children should be taught to switch off and tell a trusted adult if they see something they do not like.



### ✓ Communication

Keeping lines of communication between you and your child is an important way of keeping them safe. If your child can talk to you without getting into trouble or scaring you, they are more likely to share their worries and concerns.



### ✓ Knowledge

Knowledge can be power and keeping as up to date as you can with technology will enable you to keep track of what your child is doing. This will ensure you can set the parental controls too.



### ✓ WWW

Young children should be supervised carefully by a trusted adult. As your child gets older, ask 'Who your child is going out with?' 'Where they are going?' 'What are they going to be doing?' and 'When are they going to be back?' Agree a time and make sure your child respects that.





## Being a Healthy Parent:

Look after yourself. Being a parent requires energy and time. Looking after your self is vital to feel positive and confident.

### ✓ Sleep

A good night's sleep can help you feel energised and refreshed.



### ✓ Healthy Eating

A healthy, balanced diet can help us fight off illness, feel energised and generally improve our well-being, including keeping well hydrated.



### ✓ Exercise

This doesn't have to cost money. Go for a walk or a bike ride. Exercise improves our well being.



### ✓ Be social

Talk to other adults and enjoy aspects of life that aren't just about being a parent. What network do you have? You could even join a new club or evening class.



### ✓ Self-awareness

Recognising your own well being and the feelings associated with it are an important part of parenting as our children will often mimic us. This can help us remain in control.



### ✓ You are not alone

Lots of parents face similar situations, stress and worries. Speak to other people. Often a problem shared is a problem halved.



### ✓ Take a bath

A few moments relaxing in your own space can help relieve stress and help you recharge.





## Having Fun:

This can be the last thing on your mind at times with all the things you have to achieve each day but it's a really important part of family life. Laughing lowers blood pressure, reduces stress hormones, and increases muscle flexion. It increases the circulation of antibodies in the blood stream and makes us more resistant to infection!

### ✓ **Games**

Board games, card games, team games, hide and seek and eye spy are all great ways of having fun together.



### ✓ **Cooking**

This is a great way of having fun together and children love to eat food they have helped to prepare.



### ✓ **Go outdoors**

Go for a walk, to the park, have a picnic or even plan a family day out.



### ✓ **Water play**

Children love playing with water. A jar of water and a paintbrush, a paddling pool or even the bath- splash and have fun.



### ✓ **Be prepared**

Plan for long journeys or times when your child is likely to become bored (waiting for appointments). Small colouring or puzzle pads, handheld devices, books and snacks are essentials.



### ✓ **10 minutes**

Try to fit in at least 10 minutes of fun each and every day how ever busy you are.

