

'You are the best parent for your child'

You're unique and special – you may never have been told that before but it's true.

Don't compare yourself with other people. We are all different. Our own experience of being a child may not have been good....



Don't try to be a perfect parent – but a good enough one.



Things to think about...

Your child thinks you are the best parent in the world – How does that make you feel?

Something to do...

Look after yourself so you can look after your child.

This week why not try and treat yourself to 15 minutes a day to do something YOU enjoy i.e. read a magazine, have a bath, have a nap, watch one of YOUR TV programmes

At Daniel's Den ...

we like to make you feel cherished and that's why we make YOU a cup of tea – 'because you're worth it!'

Your relationship with your child is unique, ever changing but unique. Savour it and enjoy it.

'Dealing with Disappointments'

Being a parent is a challenge. We all have expectations before we have a child – these may need to be adjusted/changed. May need to be more realistic and achievable.

Your child may not have read the same parenting books you have!



And if you've have a bad day don't waste your time worrying about it. Just remember—tomorrow is another day.



Things to think about...

Are you trying to be a perfect parent?

Something to do...

Think of 3 things that have gone well today

Is there someone living down your street who you could invite to Daniel's Den?

At Daniel's Den ...



We can support each other and share our struggles and joys. There will always be someone there who you can talk to.

If you're staying at home with your children you can sometimes feel like a second class citizen — people may ask 'but what do you do?' - investing time in your child's life is vital.

What do children really need?

They need to feel loved and to feel that they belong.

They need to feel safe and secure



How do we help our children feel loved? We give them undivided time and attention.

How do we make our children feel safe and secure? We set boundaries. We take our responsibilities seriously and show that their behaviour matters.



Things to think about...

What makes you feel loved? What do you think makes your child feel loved?

Something to do...

Try and spend some time having fun with your child.

Think about what boundaries you set? Bed times; time watching TV; how they speak to people; how they speak to you; what they eat...

At Daniel's Den ...

We believe every one matters that's why we try to give a genuinely warm welcome.

Children spell love T-I-M-E!

The need for love

Our children need to know we love them unconditionally.

They need to know we love them for being them.

We won't always like what they DO but we need to show that we always love and accept them.



A good definition of love is 'wanting the best for...'.
(Note: The text in the image contains a typo: 'for...' instead of 'for...'.)

How can we show love? Lots of hugs and cuddles; smiles and eye contact; talking and listening to your child; reading stories and singing together ...



Things to think about...

Each day is a new day to show your child that they are loved and accepted

Something to do...

- Have a story time together at home.
- Have a singing time together at home.
- Enjoy a cuddle with your child.

At Daniel's Den ...



The Barney song is a great way of having a cosy hug and cuddle with your child.

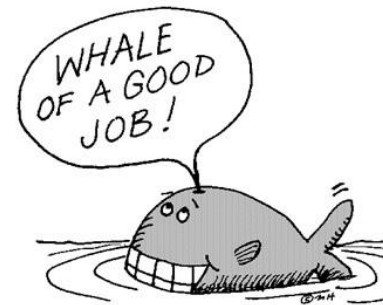
If your child says 'I hate you', try and say 'I will always love you'!

The power of words

Be careful what you say in front of your child. They do hear and understand more than you think.

Catch them doing something good and tell them ... 'that was kind of you to share'; 'well done for eating everything on your plate' ...

Be careful about labelling... 'that was a naughty thing to do' is better than saying 'you are a naughty boy/girl.'



Focus on the action and not on the child.



Things to think about...
When did you last praise your child?

Something to do...

Try to use some words of encouragement to your child every day...
Catch them doing something good and tell them.

At Daniel's Den ...



We try to create a positive atmosphere by the words we use.

Say what you mean and mean what you say.
Don't be afraid to say sorry to your children.

4 Magic words to teach your children

- Hello
- Goodbye
- Please
- Thank you

Manners make the world go round!!
If you teach your children to be polite people will enjoy being with them.



These words need to be taught and modelled—it may take a long time but keep at it!



Things to think about...

How are you teaching your child the 4 magic words?

Something to do...

Even if your child is very young let them hear you using these words throughout the day.

Keep persevering—it will be worth it in the end.

At Daniel's Den ...



Our motto is
TEAM Together Everyone Achieves More— so join in, be welcoming, smile, help tidy up...

Children learn from you.
They copy you and you are a role model.

Routines

Children benefit from having warmth and structure in their lives .

Having a few routines make life easier for you i.e. bedtime. Children need enough rest to enjoy the day therefore they need to get enough sleep — at least 10 hours a night



Getting them to bed at a reasonable time gives you an evening to yourself.



Things to think about...

What routines do you have in your home?

Something to do...

Think about YOUR routines...are they working? Do you need to change them?

At Daniel's Den ...



We have a structure to the session which give the children a sense of routine i.e. tidy up time; song time etc

It's never too late to put some routines in place.

Talking and Listening

Talking and listening are such powerful tools to help learning.

From birth talk to your children all the time - they need to hear words in order to learn words. Give a running commentary - children DO understand e.g. 'lets do up your buttons 1 2 3 4'.



Try and give your children your full attention when they talk to you, even when they are very young and are just making sounds.



Things to think about...

Is there space in your home for talking and listening?

Something to do...

Practise given a running commentary even if it feels silly at first.

Think about how much your child spends in front of a screen each day.

At Daniel's Den ...



We ask you not to use your mobile phone during the session as its an opportunity to talk with your child as you play!

Your Mother Tongue is very important.
It is an invaluable tool in helping your child learn.
It is a vital part of who they are.

Handling challenging behaviour

All children will do naughty things at some time or another.

Don't be afraid to say no and stick to it! Perseverance is key. But a word of warning — being consistent is hard work but its worth it.



It's very important that you and your other half are in agreement otherwise your child will play one off against the other. Talk together about what you expect.



Things to think about...

Sometimes children will be naughty to get your attention

Something to do...

Decide which behaviours are totally unacceptable e.g. your child hitting you; speaking rudely; not sharing ...

Decide how you are going to deal with those.

Develop a firm tone of voice and a serious face!

At Daniel's Den ...



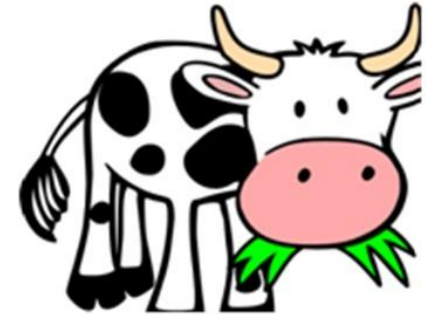
We try to encourage positive behaviour and we want to support you in doing the same.

Don't be embarrassed to correct your child in public.
Don't judge other parents when you don't know the full situation.
Our major aim is not to make our children happy all the time - it is to help them grow into people who think of others and have self control.

Eating

Eating is meant to be an enjoyable experience!

If its possible, sitting down to eat together can be a vital part of the day. There is a sense of togetherness as we learn to talk and listen to each other.



Try not to panic if your child seems to be a fussy eater. Keeping a mealtime routine is helpful. Try and persevere with different tastes.



Things to think about...

When did you last sit down together as a family to eat a meal?

Something to do...

Try some simple cooking with your children e.g. make fairy cakes, mini pizzas, fruit salad ...

Make a mealtime special—have a candle in the middle of the table, make simply place mats

At Daniel's Den ...



As part of our routine, we all sit down together to eat our healthy fruit snack.

It's good to encourage your child to eat what the rest of the family are eating. Saves time and energy!!

Memories

It's great to build up a rich memory store with your child. It's part of your shared history.

Making memories does not have to cost a lot of money. Picnics, snowball fights, visits to the park, feeding the ducks, going on public transport ...



Looking at photographs can bring much pleasure—looking at baby photographs together and comparing them with your own.



Things to think about...

What memories do you have from your childhood?

Something to do...

Think of something you could do together this week to add to your memory store.

Get out your photos and look at them with your child

At Daniel's Den ...

We create lots of opportunities to make memories—we play together, make things, sing, make friends



Friendships and shared experiences with your child help bring you together.
Laughing together is great!

Investing time

Your child's early years are very important.

Time invested in them is time well spent!

The average numbers of days a child spends at home before going to nursery is 1277—make them count!

You can't recapture the time, so enjoy it and don't wish it away.



By spending time with your child you are laying good foundations for your ongoing relationships with them.



Things to think about...

What's your favourite time with your child?

Something to do...

Buy some balloons and bubbles and have fun!

Have an indoor picnic

At Daniel's Den ...



We encourage you to enjoy spending time playing with your child

Don't be afraid to have time doing nothing.