



Be the family you want to be
Parenting Classes

20 Top
Parenting Tips
For A Happy
Family

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Illustrations by Tim Johnson

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Hi there,

Thank you so much for visiting my website and downloading this free '20 Top Parenting Tips' e-book

Being a parent is both a privilege and a job for life! Would you like to develop an even closer relationship with your child?

And would you be interested in honing the skills that you use to keep up a great life-long relationship with your child? Could there be one or two things you could do to enhance your skills to bring out the best in your child so that they grow up to be happy, safe, well-balanced and achieve their full p



Parenting is clearly a priority in your life. Good parenting is crucial to the emotional, educational, moral and physical development of your child. By reading this e-book you are showing your dedication as a parent to fine-tune your effectiveness and look into anything you can do to be even happier your family life. You know your own family better than any 'parenting expert' so please read through the ideas and choose the ones you feel would help you to be the family you want to be.

You have your own values, your unique children, your skills and your own way of doing things! Here are a few tools, strategies, tips and techniques which may help in the important work you do for your family.

I would like to acknowledge the role of The Parent Practice, London, in helping to further my knowledge of parenting skills. And in allowing me to be a licensee in Sussex and Surrey to bring their work to a wider audience in the UK.

The Top 20 Parenting Tips are all about:
Bringing out the best in your child
Developing a close relationship
Teaching your child skills and good habits
Helping your child feel successful
Preparing them for the future
Having fun & And being a happier family!

I wish you all the best in your parenting
Kind regards,

Elizabeth

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Top 20 Parenting Tips

1. Let your child know they are loved unconditionally

Your child needs to understand that you love them unconditionally. Not for what they can achieve, but for who they are. It is important to give them plenty of hugs throughout the day and tell them you love them.

Whenever you can let them know *specifically* all the OK things, efforts and improvements they do throughout the day.

If they make mistakes, don't make your anger the punishment.

Help them to learn from mistakes, make amends and move on. And be sure to give them a hug at the end. They need to know that your love does not depend on them behaving to please you.

"Children will not remember you for the material things you provided but for the feeling that you cherished them."
(Richard Evans)

2. Recognise your child's strengths and abilities & learn how to bring out the best in your child

Each child is unique. A really important aspect of parenting is to recognise each child's talents and abilities and to help them feel good about them. If children develop a good sense of who they are they can use this to develop their strengths and feel good about them. They can also use their knowledge of their own talents to help them overcome the areas where they are not so good.

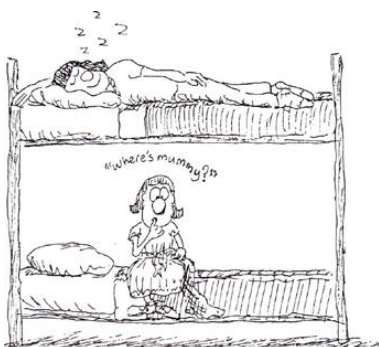
Can you make a list of each child's strengths and talents?

Why not ask your child to do the same exercise for themselves and compare your answers?

If your child struggles to recognise their own abilities and attributes they may be suffering from a low self-esteem, and it will be especially important to work on this over the coming weeks

Let them discover their own interests & help them explore these

3. Make sure you are giving your child the basics – sleep, good nutrition and exercise



Children need adequate sleep.

Their nutritional needs need to be met such as having regular meal times, adequate drinks, five fruit & vegetables a day, enough whole-wheat and fibre and a good range of proteins, complex carbohydrates, fats, vitamins and minerals.

They should be drinking the equivalent of eight glasses of water a day.

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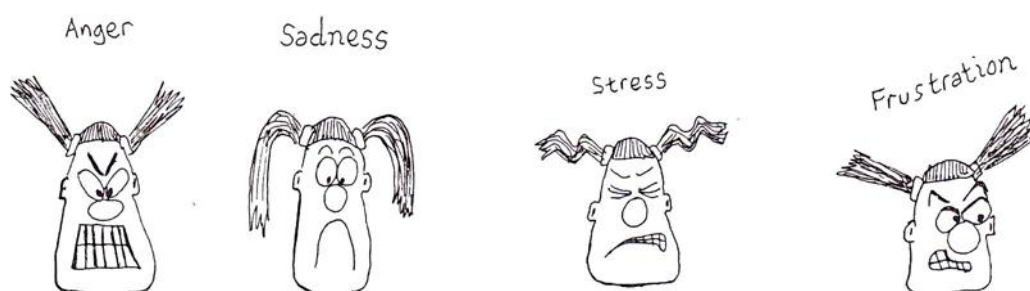
They need sufficient exercise –health experts suggest at least 60 minutes a day. Their ‘healthcare needs’ need to be met such as accessing dental care, visiting the GP if they are ill and taking them for their vaccinations when necessary. They need to have cleanliness and hygiene needs provided for such as regular baths or showers, cleaning their teeth and access to sufficient clean clothes. They also need time to relax. They need their parents to provide the basics of adequate shelter and clothing. Children need their parents to give them safety awareness such as understanding stranger danger, how to cross a road, and even the importance of sun protection. And teenagers will need advice and help to develop good habits in relation to smoking, alcohol, drugs, driving, risk-taking and sex if they are to remain

4. Listen to your child and help them label their emotions



Take every opportunity to really listen to your child. Use encouraging words and nods to show you are listening. Notice any emotions or feelings behind their words and reflect them back to your child. Try to hold yourself back from offering advice, judgments, nagging, blaming or criticising. If you can, try to listen to your child for at least 15 minutes a day. Show your interest in how they have spent their day, their issues and their friends.

If your child is feeling angry, acknowledge their feeling and empathise with their frustrations. You could say ‘You are SO frustrated/ angry/ upset. You really want that toy’. Or ‘You really want your teddy, and wish he wasn’t in your suitcase’. Help them name what they are feeling - it will help them feel understood & diffuse the emotion. But leave problem solving to a time when the situation has calmed down.



5. Teach your child how to solve problems

When your child comes to you with a problem, get them to write it down, and then come up with a whole list of solutions or ideas that could help. See if they can come up with 20 or more –it doesn’t matter how silly they are, just write them down without judging. Sometimes the best solutions come from an idea that seemed ridiculous at first.

*“Too often we give children answers to remember rather than problems to solve.”
(Roger Lewin)*

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When they have come up with everything they can think of, you may add one or two ideas of your own. Then ask your child which idea he or she wants to try out first.

6. Catch your child being good and comment on it

It is a sad fact that we spend much of our time criticising, reminding, nagging, cajoling and shouting (or worse) at our children.

We do it in the misguided belief that doing it will motivate our children to behave better. But the fact that our children still misbehave is evidence that these approaches don't work.

Children are hard-wired to need our attention. They have found that the best way to get this is by misbehaving. We are re-enforcing their bad behaviour by the way we respond.

So what can you do?

You can motivate using descriptive praise - noticing and commenting every time your child does something good, or just OK.

Our children do many things throughout the day that are OK, but we don't mention them because we believe they should just do them.

But we notice whenever they do something wrong and comment on it, this helps re-enforce a child's belief that they are not good. (It is a bit like a self-fulfilling prophecy –they always hear about the bad things they do, so they think they are bad)

Evaluative praise (well done, good girl, terrific!), though better than criticising is not effective because the child does not know exactly what we are praising them for.

So descriptive praise works like this:

1. You notice the small things that the child does that are good, OK or show some small improvements in the right direction
2. You mention what **exactly** they did (I notice that you put your plate in the dishwasher, I see that you hung up your coat which was one of the two things you need to do when you come in the door. I can see that you folded up your wet towel and put it back on the rail) Even if there are some improvements you would like you notice just the good things to motivate them
3. You then point out the quality that the behaviour showed, if it is appropriate (That was thoughtful... that helps keep our house tidy... that shows you are becoming very responsible. That was kind, considerate, supportive, honest, brave etc.)



The more you descriptively praise, the more the child feels that you are noticing

the good things they do and the more they will want to repeat them. When our children are good it is too easy to just ignore them. If your child often fights with their siblings or behaves aggressively it is good to notice the **absence** of the bad behaviour. Although in the short-term it may remind them of the misbehaviour, in the long-term they will learn that we notice when they are *not* fighting, and will start behaving in a way to get our good attention.

If you are admiring a picture they have drawn just describing their picture can be very effective praise. If they are playing, just giving a running commentary on what they are doing can be really affirming for a child. They feel important because you have noticed what they are doing and feel good that their play warrants your attention and description.

A couple of words of caution:

Don't use descriptive praise when you are clearly angry with your child. It will come across as false and insincere

Don't use it to compare children. If possible describe ways in which your child is improving compared with their previous behaviour

Try and incorporate using descriptive praise with your child ten times a day

"If you want your children to improve, let them overhear the nice things you say about them to others". (Dr. Haim Ginott)

7. Make rules and be consistent with positive discipline

If you notice all the good things your child does and tell your child each time you do, your child will be much more motivated to behave well. However there will be times when children test the boundaries and need to understand that there are natural consequences when they cross them.



If you have a partner it is best to set rules together –that way you are more likely to remember and enforce them. Try not to have lists of rules about everything. Think about what is causing the biggest problem in you family at the moment and create achievable rules around that area (such as mealtimes, bedtimes, etc) Let your child know in advance when the new rule will start ('from Monday, there is a new rule, that you need to pack your school bag, make your lunch and lay out your uniform before you go to bed')

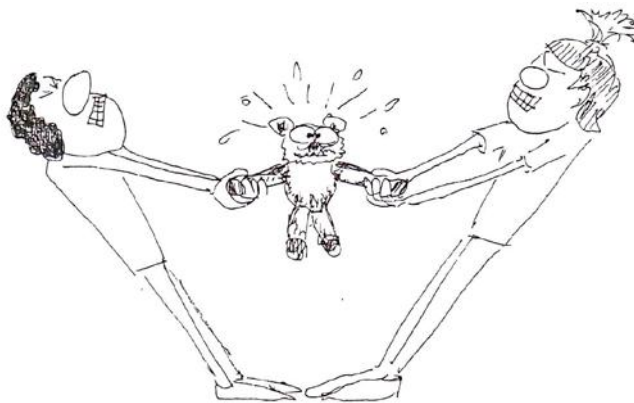
You will need to plan what rules you want to have, and then be consistent in following the rules. The first part is deciding which rules you want to have in your house. Some families sit down at a family meeting and plan the rules, writing them on decorated charts and having rewards for following rules and consequences if they are not followed. Other families are much more laid back, chatting about rules over a meal. Whatever your family is like it is important that parents guide the process, by deciding beforehand what is important to them –their values and what they really want to happen to make family life calmer and happier.

The next step is to talk children through what needs to happen at different times of the day to reduce the stress. So if getting ready for school is a difficult time in your family, talk the children through what will happen and when. For example 'I'll wake you up at 6.45, for you to get dressed and put everything in your book bag that you need for school. At 7.15 we will all sit down for breakfast together. After breakfast you get to wash your face, clean your teeth and pack your lunch box. At 7.45 I will tell you when it is time to put on your shoes and we will all leave for school at 7.50'.

When the routine has been clearly explained, ask your children to repeat it back to you, to be sure they understand what will happen. Talk it through with them again just before bed. When you wake them up in the morning ask them if they remember the plan and what they must do first?

Other rules and routines can be managed in the same way. Decide what needs to happen. Talk the children through the good behaviour you want, and have a reward for doing it. Let them know what natural consequences will happen if they don't cooperate. Sometimes just the absence of the reward is enough to motivate the children to behave.

Other consequences can be natural consequences –such as getting the child to clear up the mess they've made or having to help a parent for the equivalent time the parent had to do something for the child. It could be that the child is not able to earn a privilege. A younger child may need to repeat a request without whining, or they may have to wait for a while. The child may need to apologise to someone they have hurt or do something kind or helpful to make up for offending them. The child may need to sit apart for a while or have some time out. It is important that the child is able to calm down, recognise their mistake, make amends, learn any lessons and then move on.



And here is the hard bit. Being consistent. Many parents have gone through setting rules at some time. But parents get tired like everyone else. Sometimes we just don't feel we have the energy to follow through.

Just this once we let our child get away with it. And that is our downfall. Children learn that the rules are flexible. There is a chink in the armour. And that is when all the planning and good intentions fall by the wayside. Toddlers learn that if they whine a bit louder and push a bit harder they can have that biscuit; teenagers learn that when Dad comes home you can ask for extra money, because he is too tired to argue. Where there is flexibility there is a chance they can get away with it. So they push just that bit harder. And they keep pushing, just in case there is some leeway today.

If we really want our day to go smoothly, our children to behave and for there to be a calmer atmosphere at home we have to insist that our children follow our guidelines. If you decide to make an exception tell them in advance: 'Today, because we have visitors I will let you stay up until 9pm, but tomorrow we will be back to bedtime at 8'. Otherwise stick to the plan. Both parents. All the time. Even when you are tired. Especially when you are tired!

I can only say that when I am consistent about the behaviour I expect from my children, everything improves –their behaviour, my relationship with them, mealtimes, the mood, getting ready to go out, the pleasure of being with them- everything.

One last thing to remember – the reason we discipline children is to help them develop their own self-discipline. When you shout and blame your child their defences go up and they can't learn from their mistakes. Helping them develop self-control and self-discipline will be the only way to ensure that they behave well when you are not around.

8. Reward good behaviour

I have seen some lovely rewards that parents have used to inspire their children to behave. Here is a list of some good examples of cheap or free rewards, but I am sure you can come up with a few that would really motivate your own child.

- Have a friend over to play
- Have a friend to stay for the night
- Watch a favourite TV programme
- 20 minutes computer time
- Choose a favourite meal
- Watch a DVD or play a computer game
- Spend 20 minutes playing football with Mum
- Spend 20 minutes playing rough & tumble with Dad
- Push dad into the bath with his underwear on
- Choose Dad's tie or Mum's jewellery
- Giving mum a makeover
- Making masks / bookmarks / decorating notebooks
- Plan a picnic
- Make a pizza
- Cook a treat together or decorate biscuits
- Play a favourite board or card game
- A trip to the park
- A treasure hunt on a walk with a list of objects they need to find
- Taking a neighbours dog for a walk
- An extra story at bedtime
- A story made up all about your child
- Making a den
- A water fight
- Dancing to their favourite music
- Presentation with a certificate for their reward
- Stickers
- Go on an outing with a parent / fun one-to-one time
- Light a candle /blow out a candle at a family meal
- Set up a tent in the garden
- Set up a water slide with a sheet of plastic and a hose
- Having their face painted
- Feed the ducks
- Plan a fun family Mini-Olympics day or special celebration
- Wear Dad's t-shirt or Mum's jewellery
- Draw with chalks on the patio
- Stay with grandparents or a relative
- Make a special dessert or cake together
- A (slightly) later bedtime
- Anything that would really appeal to your child's sense of fun

You will
always be
your child's
favourite
Toy



9. Make it easy for your child to feel successful



Help your child achieve success by talking through a problematic or difficult situation in advance and asking them what they will need to do. It may be useful to role play tricky situations with them to help them practice behaviours you are working on. One of the ways they can feel involved and important is to have family meetings to discuss problems –where everybody gets a say. Most children feel more secure when they understand the rules, and feel motivated to succeed so start using praise, hugs, smiles, or small rewards when they behave well. Sometimes children can feel overwhelmed when learning new skills. If this is the case, break the task into smaller chunks that they

can practice and master the smaller tasks first, then gradually put them all together. This can work for skills from tying shoe laces to dealing with a spider! It is also important to make sure that their room and home is arranged so they can achieve success (such as enough storage space in their bedroom or coat hooks they can easily reach)

10. Plan some 1-2-1 time with each child every day

Plan to spend 15 minutes a day one-to-one time with each of your children. Let them choose what they want to do in that time. It could just be talking, reading a book together, playing a board game, card game or computer game together. Whatever it is be as attentive and happy as you can –this is your quality time –make sure they know you enjoy it!

11. Be interested and involved in your child's life and involve them in decisions that will affect them

Find out all about your child's world. Talk about their friends and their life. Can you name your child's favourite colour, meal, dessert, friend, game, singer, band, subject at school and animal? Do you know who your child spent their lunch-time with, and what they love to do most on holiday?

If your child has a special interest, encourage it and take them on trips which will fuel their interest. It could be a museum or special event, or just a place they can do what they love the most.

If you are planning a holiday, buying a car or going on a day-trip involve your children.



Talk about it at a family meeting or just over a meal together. Make sure everyone has a say and try to plan things to keep the majority happy, whilst negotiating compromises and pay-offs. Children will develop a healthy self-esteem if they feel that they are important enough to have a say in what happens.

The same applies when setting family rules. If there are small negotiations they should take place when the rules are being decided, not when your child suddenly decides he wants to stay up late to watch a film

12. Learn ways to stay calm, and help your child control their anger

If you feel you are about to lose your temper **stop** and think before you act. Try to act calm even if you don't feel it. Do what helps *you* to calm down - it could be taking a few deep breaths, saying the alphabet backwards or repeating a phrase such as "I

CAN be the adult here' 'I can handle it' or 'She's just a child'. Walk away if it's safe and find something else to do for a minute or two

Another technique is to think about how you would behave if this was a friend's child, or if your mother-in-law was in the room with you. Something else that may help is to visualise yourself picking up your emotions and feelings and putting them down next to you. This is going to be a whole lot easier if you are calm and in control. If your child finds it difficult to control their anger it would be good to talk to them about what helps at a time when everybody is calm. You may consider having an angry corner with drawing things, a cushion to punch, bubble wrap to stamp on etc. Teach children It's OK to be angry, but it is not OK to harm people or property



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13. Plan your morning and evening routines to avoid flashpoints

There are often certain times of the day that are more likely to cause you to lose your temper. Very often it is in the morning when everybody needs to be ready to leave the house, and in the evening when parents are weary and just want their children safely tucked up in bed.

It makes these trouble spots easier if everyone knows what is expected of them, so it may be very helpful to sit down with your child(ren) and make a list of everything that needs to happen, and why it is important, and by what time it needs to be done. Children are much more likely to stick to a routine if they have been involved in creating it, so let them make a chart with pictures or words to act as a reminder of what needs to be done. And let them decorate the chart so they really feel ownership of it.

Talk your child through the new routine. So if you are trying to get your children ready for bed you may ask your children all the things that need to happen to get ready for bed and they can help draw up a picture chart with each step (such as turning off the TV, going upstairs, cleaning teeth, having a bath, putting on pyjamas, using the toilet, putting a drink of water by the bed, reading a bedtime story, having a kiss and cuddle, and turning off the light.)

Let them tell you why each step is important, and at what time everything needs to happen if they are to get enough sleep. Talk it through at different times in the day, just for a minute, to be sure they know what needs to happen (this will help them form a mental picture in their head about the bedtime routine)

If they manage to do everything on the list give them plenty of hugs, kisses and praise for doing well. They may like to earn stickers or stars and work towards a cheap or free reward at the end of the week

A tip that worked well for my children was allowing them an extra bedtime story if they managed to complete their bedtime routine before the timer went off.

14. Plan to have family meals

Eating together as a family can be almost impossible in some families. Long working hours, shift work, caring for a baby and children's activities can all add up to chaotic lifestyles and grabbing food when you can. Children eat breakfast in front of the television or computer and adults eat late at night when the children are finally in bed. Some families find it hard to schedule even one meal a week together.

So as long as everyone is eating, is there
a problem if families eat separately?



Well, there may be. Researchers have noticed interesting parallels between children's habits and behaviour and eating together with their family.

For instance eating family meals can increase the likelihood of children eating healthy balanced diet, eating a greater variety of food, and developing table manners.

It can reduce eating disorders, improve language development, reduce the likelihood of smoking, drinking alcohol and taking drugs, improve self-esteem, and improve confidence and mental health. The benefits of eating together are huge and have a big impact on your child's health and well-being.

So how could you re-introduce eating together?
What would you need, or need to do?

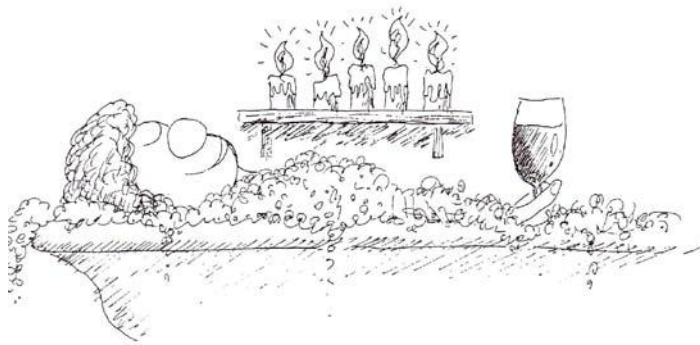
- A meal table that is clear enough for the family to sit and eat
- Let everyone know what time the meal will be on the table
- Prepare a meal that everyone (or most of the family) will enjoy. If you have teenagers suggest that once a week they cook a meal for the family.
- Get toddlers and children to join in the food preparation.
- Introduce a rule of no TV, mobile phones, toys or reading at the table
- Try to keep the atmosphere at the table light and enjoyable.
- Steer clear of topics that may cause conflict. (If necessary you may need to talk to certain members of the family to get them on board and stop them sabotaging the family meals by goading)
- Give everyone a chance to join in the chat.
- Be aware when children or adults dominate the conversations. Change the topic and ask the quiet ones what they think about a subject they are interested in.

Consider making meals special by having candles, laying out nice crockery, serviettes, offering people's favourite drinks, a special dessert, discussing future family holidays or forthcoming outings –anything which increases the pleasure of sitting down together.

Most of all have fun. Have some banter and humorous stories to share. And enjoy the improvement in family relationships which should gradually develop, and the added bonus of happier, healthier children!

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15. Look after yourself



Looking after
yourself is
important

Firstly you act as a good role model for your children to show that everyone needs to take care of their own needs, even parents

- You will be happier and more likely to stay calm
- You will have more patience with your
- You will be fitter mentally and physically if you spend time on yourself.
- You will feel more willing to carry on caring for your children if you have re-charged your batteries

Learn to talk assertively using 'I messages' such as 'I feel annoyed when you leave the wet towel on the bathroom floor'

It is useful to spend at least 15 minutes a day doing something you enjoy, such as having a chat with a friend or reading a magazine. It is also good to have a few hours away from your children each week.

Make a list of 20 things that you like doing and take the time to plan to do them.

Here are a few ideas to get you started;

- A cup of tea
- Reading a good book
- Spending time with good friends
- Having a foot soak
- Eating breakfast in bed
- A candle-lit bath
- Having a shoulder or foot massage
- Writing a list of everything to be grateful for
- Setting goals for yourself
- Having friends round for a meal
- Playing cards
- Giving yourself a mini-makeover
- Painting your nails
- A bunch of flowers
- Smell the roses
- Your favourite meal
- Dancing or just listening to your favourite music

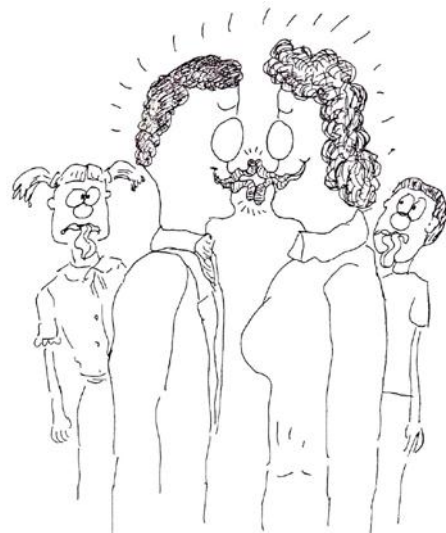
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- Time to exercise
- Going to bed early
- A great film or DVD
- Watch the sunrise or sunset
- Lying on the grass watching the clouds
- A walk in nature
- Sitting in the sun
- Stroking a pet
- Keep your own interests

Let your children know all about your work, thoughts, feelings, interests and hobbies, so that they develop a healthy understanding that you are a person in your own right and not just a parent!

16. Look after your relationship with your partner

Your partner is important for your emotional mental and physical well-being. You know each others' strengths and weaknesses and made the decision to be together. So make sure that you make time for one another to keep your relationship strong when you have a family. Most people will also agree that children benefit from growing up with two parents. They will have role models for the different sexes, they will grow up to feel comfortable with men as well as women and will feel more stable and secure within the family. Not to mention the stress that they will avoid if their parents stay together and don't divorce.



Adults are often unprepared for the impact having a new baby has on their relationship. (And mothers often find it difficult to let their male partners care for the baby, because they don't do it quite the same way –causing problems with the relationship with their partner and the ability of their partner to form a strong bond with the baby or child)

John Gottman found that there is a number of criticisms compared to praises beyond which a marriage will crumble, which is one criticism to five praises. So to keep a marriage off the rocks you have to give *at least* five positive comments or praises to every one critical remark you make.

So what can you do to make sure that your relationship stays strong when you have a family? Make sure you descriptively praise you partner, regularly and frequently. (Notice and tell them all the little things they do that you like, at least 4 praises to every negative)

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- Do small things for each other
- Have a laugh and do some fun things together
- Plan time in the diary to spend with each-other.
- Go out once a week with your partner (Do a babysitting swap)
- Plan to have an occasional weekend away
- Try to ignore small faults and remember to comment on all their good points.
- But do talk about the more important things that bother you.
- Speak kindly to each other. Try to be respectful and listen reflectively

17. Give your children more responsibilities as they grow older

One of the things I did when my children were growing up was to explain to them the 'magical milestones of childhood'. I explained the amazing truth: that the day they started primary school they could magically wipe their own bottoms properly and make their own lunch boxes. (And it worked!) And the day they started secondary school they were suddenly old enough to manage all their own homework and assignments.

So what could you do to encourage responsibility in your child?

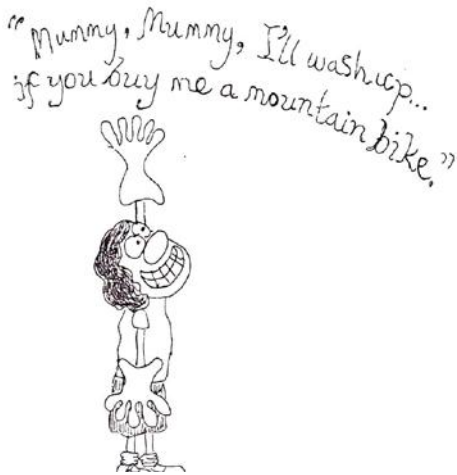
Toddlers and pre-school children can

- Clear the table
- Lay the table
- Wipe surfaces
- Put their toys away

Primary school children can:

- Make their own lunch boxes
- Tidy their own bedrooms
- Dust, vacuum and wash up
- Take out the rubbish
- Wash a car and
- Care for a pet or walk the dog

Secondary school children (boys as well as girls) can:



If you want children to keep their feet on the ground, put some responsibility on their shoulders”.

(Abigail Van Buren)

- Continue all of the above (including tidying up after themselves!)
- Clean kitchens and bathrooms
- Iron clothes
- Cook simple meals
- Manage their own money (without a bail-out from the bank of Mum & Dad)
- Wash windows and
- Be responsible for all their own homework and assignments.

If we want our children to be responsible we need to train them - that's our job as parents. If you have missed some magical milestones maybe the new year, birthdays or new school years could be the time to introduce some changes.

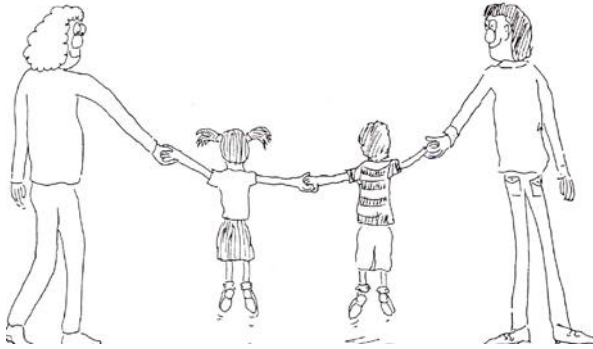
Alternatively agree changes with your partner if you have one, then get the family together and talk about how you want your sons and daughters to take a fair share of the work. The earlier it starts the easier it is.

Try to have the attitude that you should never do for your child anything they can do for themselves. Do not behave like a slave to your children –you will not gain their respect or their cooperation.

To start with you may need to invest some time and energy in teaching them what to do and in training them to manage it regularly. If you can try to come up with ways to make doing jobs fun, such as by cooking together and chatting, washing up with long, silly gloves and loud music, or by having a water fight at the same time as washing the car.

Of course, you will have realised the huge benefit to your time of enlisting your children's help. Maybe as a reward you could use some of the extra time to do fun things with the children. They may not be too pleased with the changes but we will be doing everyone a favour if our children know how to care for themselves well before we send them off into the world.

18. Have fun. Remember to smile and laugh. Plan fun family days



Be happy.

So many times we get caught up in the responsibilities of being a parent and we forget to have fun.

Let your children know when you are pleased with them by smiling. Have fun together. Tell them funny stories you have heard, watch comedies as a family and plan fun days out.

Enjoy your children and spend time just being together.

19. Help your children develop a positive, can-do attitude. Help them set goals

Having a positive attitude can help a child thrive in a world of change. It can help them deal with difficult situations and allow them to develop the resilience they need in life.

You can help by displaying a positive attitude yourself – and a helpful cheerful manner when things go wrong. Talk about opportunities and challenges rather than problems.

You can talk to your child about their goals and aspirations and help them write them down. It has a magical effect on them actually achieving them. Show them how to problem-solve, negotiate and communicate assertively so that when they are away from the family they can come up with positive solutions in tough circumstances.

20. Prepare your child for the future

Your job as a parent is to make yourself redundant! At least your role will change enormously when your child becomes an adult and leaves home. As a parent, you are your child's most important and influential teacher. There are a huge range of skills that you will need to pass on to your child over the years.

Think about the following list and find ways in your daily life to talk about them, model and where possible allow your child to practice them

- Money management
- Communication and listening skills
- Finding a career that reflects talents and strengths
- Looking after a baby / child
- Confidence building & dealing with shyness
- Conflict management
- Dating
- Developing self-esteem & Positive thinking
- Understanding Eating disorders & depression
- Problem solving skills
- Exam preparation and study skills.
- Health care (understanding obesity, exercise, physical & mental health).
- Stress management and relaxation
- Negotiating skills
- Making and setting goals
- Being a good friend - making and keeping friends
- Anger management and self-control
- Time Management
- Assertiveness & saying 'no'
- Self-defence & common sense guidelines on keeping safe
- Developing your own spirituality & personal ethics
- Understanding Domestic violence & Crime prevention
- Emotional intelligence. Recognising and handling emotions
- Dealing with death and bereavement
- How to be happy
- Developing values and attitudes (the ones you consider most important)
- Diversity Awareness
- Looking and feeling your best
- Taking care of yourself (sleep, nutrition & exercise)
- Planning leisure time & travel
- Cooking meals
- Understanding safe sex, alcohol and drug use
- Safe driving and car maintenance





Kind words

Elizabeth O'Shea –truly inspirational as a trainer & what a wonderful experience to attend the Parent 4 Success course. I would highly recommend this course (and have done so already) for first time parents who are feeling overwhelmed & who want the best for their child /children but feel they are not succeeding as the best parent they can be. I loved this course – I was inspired to be a better parent. I started being more positive and that impacted greatly on Robert. Brilliant -The most wonderful course I have done since my last year at University.

Jeannine –Mum of One

I have thoroughly enjoyed the course. Huge improvements have been made and I hope to implement each of the skills. To know I am not the only Mum who feels horrid helped me each week with that I was to learn. It was like a breath of fresh air. Elizabeth, thank you, thank you, thank you. I feel better equipped. I will miss our sessions.

Anna –Mum of Three.

This course helped me to think more positively about my attitude to parenting and it improved my motivation. It gave practical solutions to existing problems together with techniques which may arise in the future. It helped meeting other Mums and hearing about their issues and experiences. I find the descriptive praise easiest and I get a lot more cooperation from my children for notes and stickers in a book!

Georgina – Mum of Two

Find Tips For Parents & Details Of Classes @ www.parent4success.com

Elizabeth is brilliant, understanding, professional. Full of useful information. She really helps me to understand the need to make my parenting positive.

A. Chaston

The talk you gave was brilliant and I have passed on a lot of your techniques to my husband which seem to be working so thank you.

K. Webster

Elizabeth is fantastic –so understanding, considerate & has a solution for all problems presented to her.

J. Pearson

Parenting help and advice

Positive Parenting Courses

Elizabeth offers:

- 5-week core skills positive parenting courses covering 22 Parenting skills
- And the 10-week full course covering all 35 parenting skills
- They are run from her home in Horsham
- If you live within an hour's drive of Horsham, and can get 8-12 friends together
- Elizabeth will come to your home to deliver the course
- To find out more please visit my website; www.parent4success.com

One-to-one consultations

For parenting advice to deal effectively with your situation face to face or on the phone. I am able to offer private coaching, both face-to-face in Horsham and over the phone. These sessions are geared towards helping you to deal with any 'hot spot' areas and you will leave able to deal with them in a constructive and positive way. You will leave the session with an action plan which will include a range of solutions specific to you.

To find out more please visit; www.parent4success.com

Workshops

Held on the First Tuesday of Every Month 7.30-9.30pm in Horsham, West Sussex

These workshops can also be held at schools, nurseries or other venues within an hour of Horsham

To find out more please visit; www.parent4success.com



Elizabeth O'Shea

*Thank you for reading
20 Top Parenting Tips
for a Happy Family
I hope you have found it useful
If you have any questions about my
parenting services I'd love to hear
from you.*

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