

# Everyday Parenting



**Easy  
Read**



**MindEd**

*e-learning to support young healthy minds*

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# Being a parent day in day out



Looking after your child day in day out is a challenge for most parents.

Some of the problems are:-

## Finding the time



There is a lot to do. Parents often don't have the time to do everything.

They don't always have the time to do things that they want to do for themselves.

Having too much to do can:-

- Make you feel tired - just when you need lots of energy.





- Make you cross and it can be hard to keep calm.



- Make you feel like you are always telling people off instead of having the time to have fun with them.



- Cause problems with your partner.

## Worrying about your child's behaviour

Parents often worry about their child's behaviour.

Parents may:-



- Feel embarrassed about their child's behaviour in public.





- Find it hard when the child's behaviour changes as they get older.



- Worry about whether they tell their child off too much, or not enough.

## Worrying about how your child is getting on

Parent's may worry about:-



- How their child is getting on with other children.



- How their child is getting on at school.



- If their child is learning new things as fast as other children.



- What other people think about the way they are looking after their child.

# Stress



It is normal to feel stress as a parent.



Being a parent is a difficult job, all day every day. It has a lot of **responsibilities**.

**Responsibilities** are all the things you have to do.



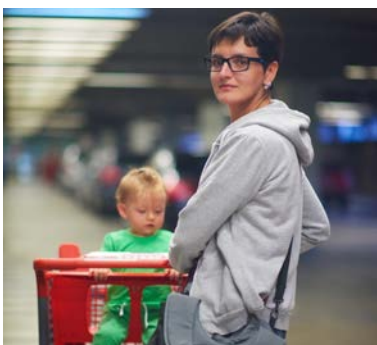
You have to be able to do lots of different things - at the same time.



You have to be able to think of lots of different things all at the same time.



Parents often feel upset by small things, or small comments from other people.



If things go wrong you don't have time to get upset. You have to carry on.

# Your reward



Even though it is a struggle there are many rewards for being a parent. It is great watching your child grow and develop.

There are many special moments:-



- Like when your child has learnt to do something new.



- Like when you can relax with your child after a hard day.



- Like when you both laugh together, or have a big hug, or play a good game.



You should remember these good times. They help you to get through the difficult times.



Many parents say that having a child makes life much better.

# Difficult behaviour



Your child's bad behaviour can make you feel stressed.



The type of behaviour changes as the child grows older.



Some of the sorts of behaviour that can make a parent feel stressed are:-

- Sleeping or eating difficulties.



- Becoming very angry.



- Seeing how naughty they can be before you tell them off.





- Not listening.



- Difficult times of the day - like getting dressed, meal times and bedtimes.



- Being clingy.



- Problems with their friends.



When you are stressed you may think that your child is behaving badly on purpose.



When you are calm you will probably think that they are behaving badly because they are excited, or tired.

# Dealing with bad behaviour

Having a good relationship with your child is the best way to help them to improve their behaviour.



## Be child friendly

Try to see things from your child's point of view.

## Be sensible



You need to show warmth and love to your child but also be firm.

You should help them to understand the things they must and must not do.

It helps to always treat them in the same sensible way.

## Have time for your child



We need to be ready to help our children at the times when they need us.

## Know yourself



You need to understand yourself. You need to know what makes you happy or angry.

If you know yourself you will find it easier to stay calm.

## Be realistic



Children change as they get older.

The way that you deal with bad behaviour should be different for a younger child and an older one.

## Deal with problems quickly



It is good to deal with any behaviour problems as soon as possible before they get much worse.

## Be ready to praise



If your child has been good – tell them.

Tell them exactly what they did that you liked. You could say “You cleared up after cooking very carefully.”

# Parenting and how your child learns



The way that a parent looks after their children affects how the child learns when they are very young.



It is good to be helpful and spend a lot of time with your child.



Children learn from being in places where they can get involved and do new things.



We are all different and learn in different ways. One child might do best if you explain things with pictures.



Other children might be better if the parent is firm and tells them what to do.



# Some ideas



Decide what behaviour is OK and what is not OK and stick to it.



Give some praise for good behaviour.



Check that your child understands what they have to do and what they must not do.



Think about what things cause bad behaviour in your child.



Look after yourself by doing some things that you enjoy - it will make you calmer.



Be warm and playful. Being funny can help.



Think about what is really special about your child. What makes them happy?



Talk and listen to your partner. Support each other in how you both want to look after your child.

## Getting help

It is important to get help if:-



- You have thoughts of wanting to hurt your child.



- Your child's behaviour is getting too much for you.



- You don't care about your child.

- Are on drugs or alcohol.



- Your child has special needs - like a mental health problem or a learning disability.

# Who to contact?



If you need help you could contact:-

- Your GP.



- Your health visitor.



- Your children's centre.

- Your local council social services.



- Parent support group, or help line.

- Parenting voluntary and charity organisations.



- School.

# More help



**Child Mind Institute** has useful information.

**Web:** [www.childmind.org](http://www.childmind.org)



**Just Parents**

**Web:** [www.justparents.co.uk](http://www.justparents.co.uk)

# For more information



This resource is part of the MindEd online learning site. For more information please contact:-

**Web:** [www.minded.org.uk](http://www.minded.org.uk)



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