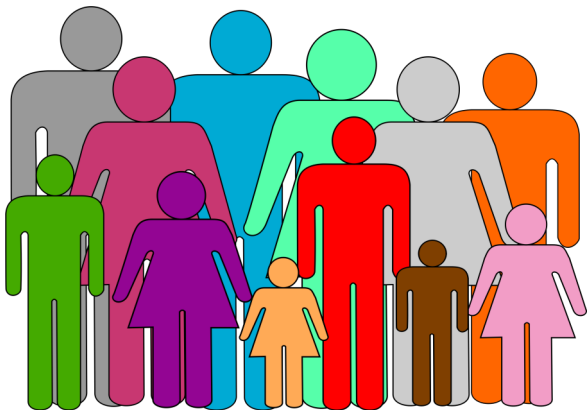


# Truro Nursery School

## General parent- ing advice



### Top Tips for parents and carers

- Parenting is one of the toughest jobs going!
- No one gets it right all the time—be kind to yourself
- Parenting can be very stressful but also very rewarding
- There are some tried and tested strategies that work but you have to stick to them

Try to listen to your child—misunderstandings are often the source of an argument

Know what your child needs e.g. babies might be tired, toddlers and young children are often challenging when they are hungry

Try not to shout or lose your temper - you really want a win win outcome not a win lose.

Remember challenging behaviours are developmentally normal—children do not behave in certain ways with the sole intention of irritating their parents!

Establish routines and clear boundaries that you can stick to. Don't threaten consequences that you cannot achieve e.g. no TV for a month, you won't be going on holiday etc.

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### Further links and information to help

Read more:

[How to cope with tantrums | NSPCC](#)

[Baby parenting tips | NSPCC](#)

[Use Parental Controls to Keep Your Child Safe | NSPCC](#)

[Leaving Your Child Home Alone - Advice | NSPCC](#)

[How to Take Care of Your Mental Health during Lockdown | NSPCC](#)

[Parenting and mental health - Mind](#)

[Mental health and wellbeing - Support for Parents from Action For Children](#)

[What to do if you suspect child abuse | NSPCC](#)

Get more help:

You can request all sorts of support from the Early Help Hub

[Early help - Cornwall Council](#)