

## Top tips on:

# Being a Parent in Walsall

As parents, we often face challenges when we are skilling our children to face the world we live in. We might find we are using parenting skills that were used with us which may not work with our children. Or we feel we may not have the skills at all.

“Parents have to juggle so much and often we have guilt on top of that for whatever choices we do make. The problem is that usually we get overwhelmed and exhausted trying to keep doing all we must do”.

(Parent of a 3 year old)



## Containment, Reciprocity and Behaviour Management

**Containment** means when our emotional wellbeing is full. If our mind is full then we are too stressed to function well and tune into our own and our children's emotions. This can result in feeling zoned out, foggy, tired, erratic, guilty and angry. Some of the things that could contribute to this feeling are past experiences like:

- bullying
- abuse
- addiction
- difficult family relationships

Things that are happening currently can add to feeling overwhelmed such as:

- Job loss
- Financial challenges
- Mental health
- Addictions
- Arguments within the family
- Changes such as pregnancy, a new baby, moving house, home-schooling
- Bereavement

We need to find ways to remove or reduce our stress levels for example:



### Exercise

- Go for a walk
- Stretch
- Cycle
- Swim
- Dance with your children

### Self-care

- Meditate
- Write in a notebook/journal
- Take a bubble bath
- Listen to music
- Call your favourite person for chat
- Go in your garden
- Draw, colour, do crosswords
- Read a book
- Watch your favourite film

### Ask for help

- Sharing the practical/financial load
- Ask for help from your support network
- Make sure you are getting any benefits/financial support you are entitled to
- Talk to a professional individual or agency e.g teacher, social worker, Early Help
- Self-refer to Talking Therapies (local or national)
- Speak to your employer about flexible working hours especially if you are working from home



# Reciprocity

**Reciprocity** means being more in tune with our children.

The more in tune we are with our children, the more we can be aware if our child is feeling confused, sad or angry. We can then provide support before, during or after any difficult times.

Take some time out to really listen to what they're saying.

- Try to see it from their point of view
- Help them to name the emotion they're feeling
- Help them to problem solve rather than fix it for them

Things that can help parents change Children's behaviour:

## Behaviour Management

**Behaviour Management** means helping our children to increase their positive behaviour.

We will be able to manage the behaviour of our children the more we are in tune with them. We need to support them to avoid meltdowns/difficult behaviours.

- Use consistent routines that work for your family
- Create boundaries and consequences with your child as they are more likely to stick to it
- Use praise and rewards to encourage more positive behaviours
- Try to take some time to have fun with your children

**If you want to know more, we run an online programme called *Being a Parent*. It gives you the chance to reflect on your experiences. The programme covers:**

- Parenting styles – how you parent and how you were parented
- Your journey to becoming a parent such as pregnancy and birth
- The importance of looking after yourself
- Difficult experiences in childhood and how to move forward
- Trauma and toxic stress
- Keeping your child safe

**For more information on our interactive sessions or groups please contact the early help hub on 0300 555 2866 opt 1**

