

PARENTS

Parents play their part to protect and care for children and young people in their community by showing how to have respectful and supportive relationships.

Being a parent can be challenging. Accept offers of help (especially the ones where cooked meals are involved!)

Link in with services that support you – New Parent Groups and Playgroups can be fantastic.

Parenting isn't always easy. Share your experiences and skills with other parents – it can help you realise that you are not alone!

It's ok to reach out and ask for support, from family, friends, services, health professionals and so on.

Discover what helps reduce your stress and assists you to best care for your children. Listen to your children and involve them in planning things as a family.

Play with your children. It can be as simple as a game of “peek-a-boo” or reading to them. Playing with children helps build a positive relationship and connection and most of all it is fun!

Take time out when you feel stressed or upset – look after yourself. Parenting can be positive – notice the good times too.

Make plans for enjoyable “family time” – this can help build close relationships.

Talk about safety with your children. Talk about what being unsafe might look and feel like at home, in their community, online or at school. Make plans about what to do if they feel unsafe.

Parenting courses can help you be the best you can be.

Celebrate your children, their achievements, values and interests and support them when times are tough. This will build a strong family that is loving and safe.

Get involved in your community. Joining groups such as for sporting activities will help you and your children to have fun and meet people.



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