



# 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.**



**Accept offers of help** (especially the ones where cooked meals are involved!) Being a parent is important and requires a great deal of energy, patience, effort and time.

**Link in with services that support you** – New Parent Groups and Playgroups can be fantastic. It's ok to reach out and ask for support, from family, friends, services, health professionals and so on.

**There is a Parentline in each state and territory.** It provides help, support and referrals to organisations in your community, at the end of the phone. There is also safe and well researched parenting information available online - the Raising Children Network.

**Share your experiences and skills with other parents** – it can help you realise that you are not alone! Parenting requires effort, energy and support.

**Discover ways to promote your positive mental health** and learn what helps reduce your stress to assists you provide the 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” for little ones or reading to them. For older children, take walks around your area, check out the local park or visit the local library. Playing with children helps build a positive relationship and connection and most of all it is fun!

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

**Make plans for enjoyable “family time”** – this can help build close relationships. Include the children and young people in the planning. This can be part of the fun!

**Encourage your children to share their feelings** - try a game at dinner time where you ask each person “What was a positive thing that happened today?” “What didn't go well today?” and end with “What was the funniest thing that happened today?” This encourages children to raise issues with you before they become problematic.

**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.