

Parent responses to *parenting in general*

Encourage – be there – break it down; steps

Celebrate small wins; focus on a goal; reassurance – ‘you’re ok’

Remind myself that she doesn’t know everything and will continue to benefit from my guidance and support

I remind myself that she needs me to be strong and supportive to her – that helps me to remember that this little person is seeing and experiencing so many new things in the big wide world and they be frightening to her. I make sense of them for her

Make the task at hand to some sort of game to keep her interest – make it fun

Show them how to stay on task if they are finding it difficult. Break it up in smaller chunks, praise effort

Try to make tasks more manageable – take turns to work on it eg I will do this small part and then it will be your turn. Try to figure out what the ‘block’ is – why does she want to give up?

Remind that there is no right/ wrong way of achieving/ thinking. Love unconditional and positive self-concept re-inforcing

Lots of cuddles! Not making a big deal out the failures or the successes