



## Top tips from Children 1st Parentline

### For toddlers

The relationship between every parent and child is unique. Parents know their family best, and it is really important to enjoy the times when things are going well and continue to have fun as a family.

There are also times when you can feel challenged as a parent, and in those times, you might want to try the tips below which parents have said worked for them.

### Take a breath, stand back and think

Take a few deep breaths and think about what you are going to do and say before doing anything. You will feel more in control and be in a better position to deal with whatever is happening.

It is not easy. Like everything else, it takes practice. It might not be possible every time, but keep trying and it will get easier.

### Address behaviour when you're calm

Responding when emotions are high doesn't help anyone. If things are heated, agree with your child that you'll both talk about it later, now just isn't the right time.

It can help to agree with your child how you will communicate how you are feeling to each other. For example, you could use a traffic light system. If you or your child are feeling amber you can take time out to 'reset' to green before you talk.

### Keep talking - and listening

Be calm, listen and allow your child to say how they feel too, no matter their age. You don't have to agree and it doesn't mean they get the final word!

Children 1st Parentline  
is here to support every  
family in Scotland



We are here to help you and your family with whatever you are facing.

Children 1st Parentline provides practical and emotional support over the phone and through webchat - there are more tips and advice on our website.

Call free on  
08000 28 22 33  
or visit  
[children1st.org.uk/  
parentline](http://children1st.org.uk/parentline)



When you really listen your child feels respected and valued. They are more likely to treat you, and others, the same way.

## Does shouting work?

As parents, nearly all of us, have shouted at our children at some point, it's hard not to. If we're honest, it doesn't feel great to shout or be shouted at – and it doesn't improve relationships in the long run. For really young children, shouting can be scary. It's loud and it signals that the adult they love is not totally in control.

Walking away, taking a breath and getting your emotions under control will help you respond calmly when your buttons are pushed. You won't always get this right. We're only human and we all lose our temper sometimes.

## Try to be consistent

Let your child know what is acceptable and what isn't and stick to it. As much as children argue and fight against limits they need consistent boundaries to feel safe and secure.

Set limits that are right for your child's age. If this feels hard, ask yourself calmly: "Am I being realistic or am I expecting too much?"

## Talk to someone

If you are worried about how you are feeling or that you are not coping so well, then share these thoughts and ask for help. You won't be the first parent to be at a loss to know what to do sometimes.

Children 1st Parentline is here for you and your family seven days a week, Mon-Fri 9am-9pm and Sat-Sun 9am-midday. Call free on 08000 28 22 33 or start a webchat at [children1st.org.uk/parentline](https://www.children1st.org.uk/parentline)



## other useful links

Parent Club Scotland: Helpful information and resources from pre-birth to pre-teen - <https://www.parentclub.scot/>

TSi Moray: A database providing Moray's citizens, charities, community groups, social enterprises, and voluntary organisations with support, information and resources during the COVID-19 outbreak - <https://www.tsimoray.org.uk/covid-19-portal>

Grampian Psychological Resilience Hub: The hub was set up to directly respond to the COVID-19 pandemic. It's a completely virtual hub, with support available by telephone. You can self refer - you don't need your GP or other clinician to refer you. The referral form is available at <http://covid19.nhsgrampian.org/mental-health-support/>

