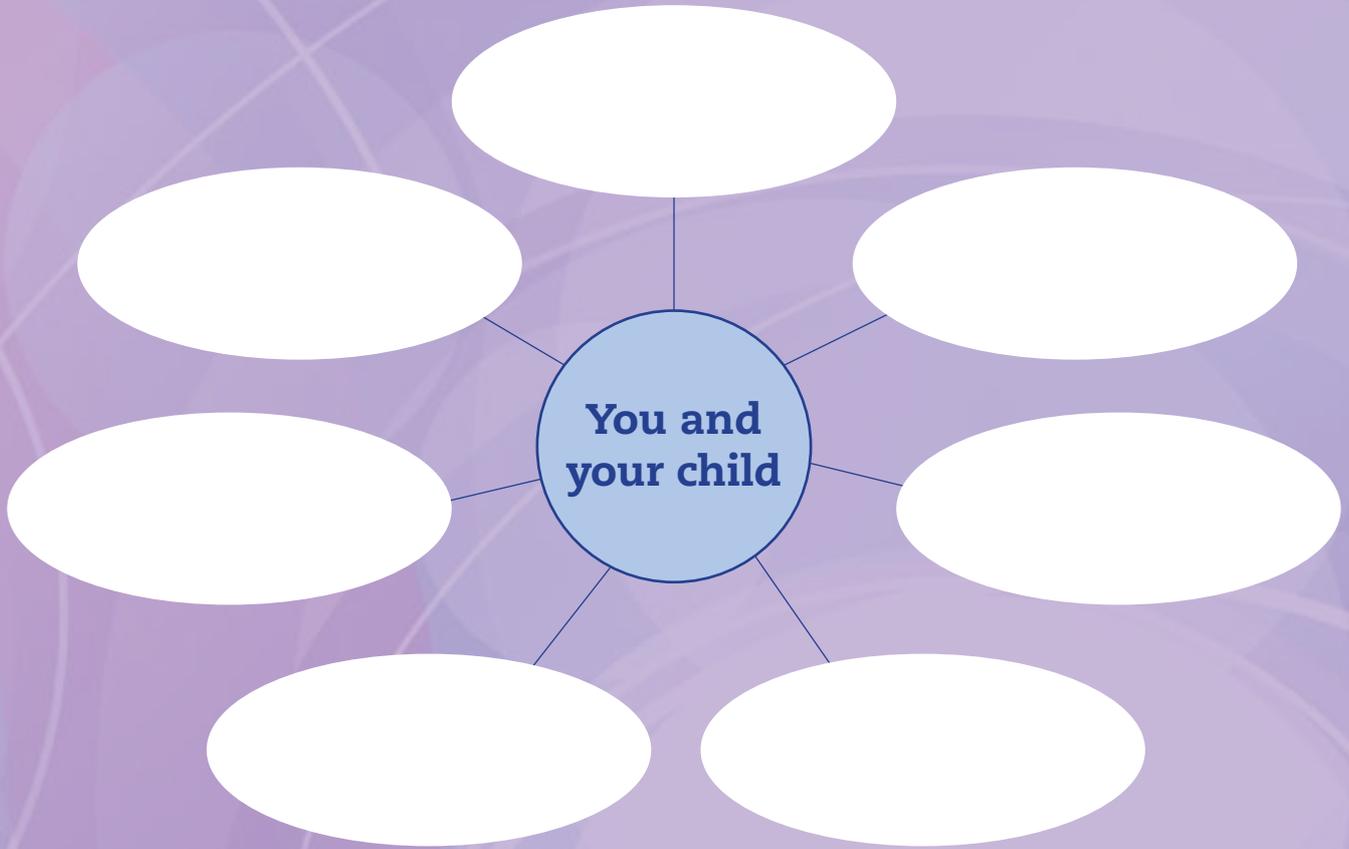




Write the words in the circles...

which you feel are the most important to you and your child from your helpful parenting list.



Before our next session

Think about the words you would like to add to the **helpful parenting list** that you use with your child.

When we act in an open and accepting way with our children and when children are respected as individuals and listened to, it affects the way they see themselves. They grow in self confidence and learn to respect their own feelings and those of others.

Emotional Development Worksheet

This worksheet explores how you can meet your child's emotional needs.

As a child gets to know a person who creates feelings of comfort and security, a special bond develops. The more a child is cuddled and loved, the more affection you show your child, the stronger the bond is likely to be.

Have a think about how you show affection to your child and **list the words below.**

Write down 3 things that are wonderful about your child

1.

2.

3.

Now have a think about 3 things that you really enjoy about being a parent

1.

2.

3.



Think about a time when **someone said something nice** about your behaviour, appearance or achievements.

What was it?

How did it feel?

How does your child know when you give them positive attention?

Before the next session...

think about how your child knows when you give them **positive attention**. Be careful to notice and comment when they are behaving well and make sure your child can see your face and knows by your smile and tone of voice that you are giving them praise. Remember to write down the reaction of your child when you give them your **positive attention**.

Write below...

what your child says or does when you give them **positive attention** over the next few weeks and how their response makes you feel.

Boundaries and Guidance Worksheet

Boundaries are the limits that you set on activities or relationships; they help to define what is acceptable or unacceptable in a relationship. Firm boundaries also help to make a child feel secure as they 'know where they stand'.

Sometimes setting **boundaries** can be difficult and there may be times when you feel like giving in. It may be useful to share this worksheet with someone close to you as they may be able to help you in this challenge.

There may be someone who helps you with childcare e.g. partner or parent. If all the people around your child are delivering the same message this will help you to maintain **boundaries**.

Remember: if there is no consistency there is no boundary.

Considering '**boundaries**', think about your partner/sibling/friends. What are the boundaries that exist in your relationship?

Write below...

Now consider...

- What action(s) would you take if these boundaries were crossed?
- If your immediate thought is 'none', consider the message this gives out.
- How will you teach your child about boundaries if you find it difficult to enforce your own?
- What impact will this have on your child?



Striking the balance

Think back to your childhood, do you remember growing up in a strict household (**rigid boundaries**) or did you grow up in a household where you were able to do as you please (**no boundaries**)?

- Were you allowed to express your feelings? • Were you always being told 'no'?
- Did you always get your own way? • How did this make you feel?

RIGID boundaries

Parent has all the power. No two way communication as parent is always right

Consequence

Can lead to child's withdrawal or rebellion

At the other extreme

NO boundaries

Child has all the power

Consequence

Child can run riot and feel insecure. Parent's word has no effect on child

It is essential that there is a balance. It is important that your child's thoughts and feelings are considered so that your child feels believed and listened to which in turn helps them to develop emotionally.

However, there are times when **boundaries** need to be reinforced regardless of what your child feels he/she may want/need e.g. removing a child from a dangerous situation, for example, playing on the road.

Enhancing boundaries and communication

It is important that...

	Yes	No	Not sure
My child can express his thoughts and opinions			
I give my child instructions where necessary			
I am a friend to my child			
I talk to my child about everything			
I listen to my child			

Consider if there are any exceptions to what you have marked above.

Play and Stimulation Worksheet

This worksheet looks at how you and others can meet your child's developmental needs and provide a safe, stimulating environment for your child.

Play and stimulation

What is meant by stimulation?

Play and **stimulation** are essential for a child's physical, emotional and intellectual development (learning). By thinking about how you can provide appropriate **stimulation**, you are showing that you are striving to meet your child's changing needs.

You are also showing that you are trying to get to know them as an individual by learning about their likes and dislikes. It is important that you try to make a **stimulating** environment at home.

A **stimulating** environment is one that offers something pleasant for all your child's senses (touch, smell, sight, taste and hearing)

List 3 things that you enjoyed as a young child

1.

2.

3.



Moods and under/over stimulation

Our emotional state can change throughout the day, sometimes from hour to hour. Sometimes we want to be quiet and reflect on our thoughts; during this time we may not want to talk to people.

How would you feel if someone did not respect this? How would your child feel? Other times we may feel happy, talkative or excited.

Considering your own moods, complete the exercise below.

Your mood	What helps	What doesn't help
Irritable		
Sad/tearful		
Bored		
Excited		
Tired		

List 4 activities which incorporate the following senses

Taste is not included here as it is not appropriate before 6 months of age

Smell

Touch

Hearing

Sight

Make all the activities fun, even everyday tasks like bathing, nappy changing and feeding. Just simple activities like smiling at your baby strengthens the bond between you both and helps your baby's brain develop.

Before the next session

Think about your home environment and whether this provides adequate stimulation for your child. Think about how your child will be affected if the environment is not stimulating enough for your child.

Do you have access to books or toys? If not, can you think of any places where you may be able to access them? Ask your health visitor if you are not sure.

Behaviour Worksheet

As your child grows up, their personality will start to develop and they will challenge the boundaries or routines (or both) that you have set. The following worksheet will help you look at these behaviours and how to address them.

When you were a child, can you remember what happened to you if you didn't do as you were told?

Circle the words below which represent how you might feel when you have to say 'no' to your child.

Mean

Uneasy

Happy

Not bothered

At ease

Why do you think you feel like this?

What would happen if you didn't say no?

Instead of saying 'no' are there any other courses of action you could take?



Ways to manage inappropriate behaviour

1. **Verbal reminder**
2. **Time out**
3. **Temporary loss of privilege**

Use 1 before moving onto 2 and 3. Always follow through otherwise 1 will bear no meaning whatsoever. Consequences should always reflect the severity of the inappropriate **behaviour**. Smacking and withdrawing love (e.g. ignoring the child for prolonged periods) are never acceptable ways of managing **behaviour**.

Coping with challenging behaviour

Make sure you talk to someone and try to get their help and support. This might be someone who is a family member or a friend. You may find it easier to talk to someone outside of the family e.g. health visitor, children's centre worker.

Increasing pleasant activities

You may feel at times, when you are enforcing boundaries, that you are the 'bad cop' and this may make you feel uncomfortable. When you feel like this try taking 2-5 minutes to think about the benefits of boundary setting to you and your child.

It is important to remind yourself that every parent will find this a challenge at times.

Perhaps it would help if you make sure that you and your child take part in a pleasant activity each day.

List 5 activities below that you think you would enjoy doing with your child

1.

2.

3.

4.

5.

Effects on my child and me Worksheet

Drugs/alcohol can affect health, relationships, housing, finances and safety for you and your child.

This worksheet will help you think about what happens to you when you drink or take drugs and the impact on your child.

Think about the affect that taking drugs or alcohol has on you and your child.

	Me		My child	
	Good	Bad	Good	Bad
Health				
Relationships				
Finance				
Housing				
Safety				



Now think about how life may look for you and your child if you **stopped drinking or taking drugs**.

What good things may you see?

Health

Relationships

Safety

Finances

Housing

Routines

Which of the **'good'** things are most important to you and what is most important for your child?

Before our next session spend time reading through the list you have made.

Consider any other thoughts that you have about the affects of your substance misuse.

Stability and Support Worksheet

This worksheet looks at how you can provide a stable environment for your child and find support networks to help you with this.

Your child needs to grow up in a **consistent and stable** environment. This will help him/her to develop and maintain a secure attachment with you as well as other important people and places around them.

Thinking back to your own childhood what were the **consistent and stable factors** in your life?

These may have been good or bad (consider house moves, friendships etc).



How stable/consistent are factors in your life at present?

Indicate on the scale

Relationships

Partner	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)
Parent(s)	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)
Family	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)
Friends	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)
Housing	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)
Health	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)
Work/ Finances	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)
Drugs/ Alcohol use	Unstable (unsatisfactory)	0	1	2	3	4	5	6	7	8	9	10	Stable (Satisfactory)

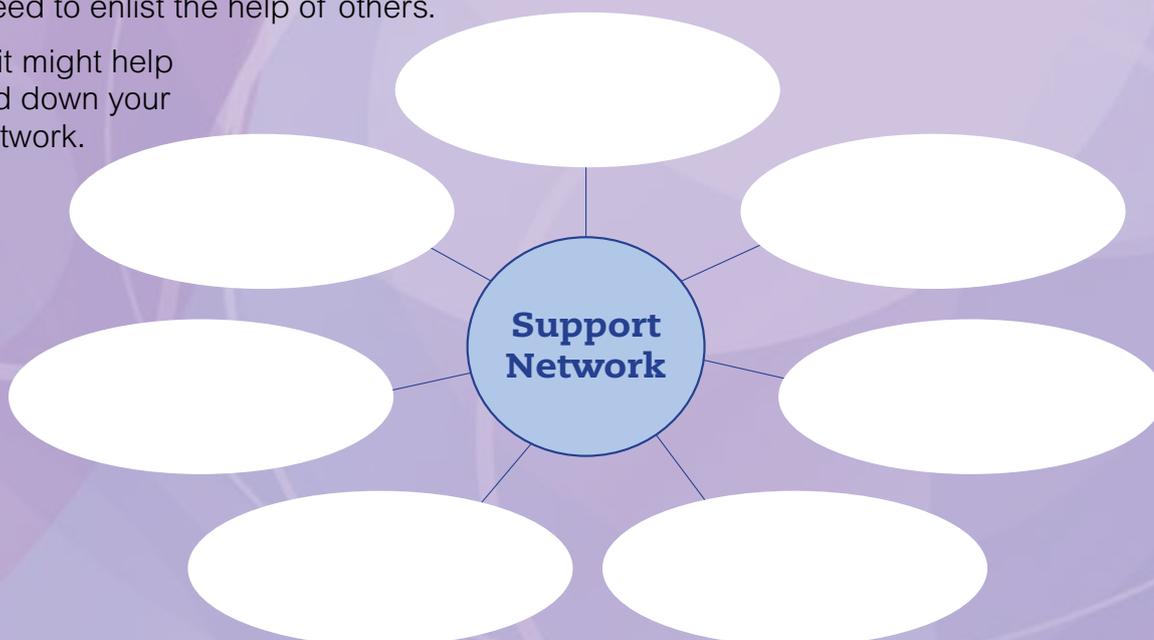
Considering the scales you have just completed, how happy are you with this?

Are there improvements you could make? How would you make these changes and if things stay as they are, what does this mean to you and your child?

Making changes permanent

If you have indicated that you would like to make changes, you may need to enlist the help of others.

To do this, it might help if you jotted down your support network.



Remember that you have come a long way and that if you need help or support just ask! Make sure you have contact details for the following people/agencies stored somewhere safely:

Health Visitor, Children's Centre, NHS Direct, Drug/Alcohol Service, Housing Office, School